

# Learn to keep the water safe.



**Learn how to protect lives and prevent drowning.**

**March 15-20, 2010**

**Sign up to train to become a Lifeguard through the Red Cross at the Southwest Valley Family YMCA.**

### **Information:**

- Must be 15 years old to register
- Must be able to perform certain water skills
- CPR, First Aid, AED, Bloodborne Pathogens and Lifeguard Certifications included
- Lifeguard Today manual and personal pocket resuscitation mask included
  - Cost is \$175 FM/\$200 PM
- Class dates: Mar. 15-18 4:00-8:00pm,  
Mar. 19 3:00-8:00pm, Mar. 20 9:00am-5:00pm,  
participants must attend all classes

**Southwest Valley Family YMCA**

2919 N. Litchfield Road

Goodyear, AZ 85395

(623) 935-5193

[www.valleyYMCA.org](http://www.valleyYMCA.org)