

Lifeguard Classes

Dates:

Course # 2 March 5, 6, 7, 12, 13, 14

Course #3 March 29, 30, 31, April 1, 2*

Course #4 April 30, May 1, 2, 7, 8, 9

Course #5 May 7, 8, 9, 14, 15, 16*

Course #6 May 14, 15, 16, 21, 22, 23

Course #7 June 14, 15, 16, 17, 18

* Course will be at an outdoors location to be determined.

Fees

Members \$175

Non-Members \$200

Fees include all books and supplies

Location

2021 W St
Sacramento, CA 95818
Phone: 916.452.9622
Fax: 916.452.7724
Sacymca.org

Contact

Sabrah Spencer
916.452.9622x103
Sabrah@sacymca.org

Sacramento Area YMCA

2010
Community
Safety
Classes



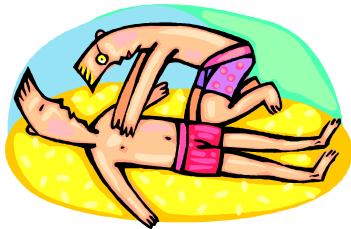
Basic CPR, First-Aid,
Water Rescue, Lifeguarding

Basic CPR, First-Aid, Water Rescue

Red Cross certifications

To sign up for our courses
please visit us at:

2021 W St
Sacramento, CA 95818



Course Dates/Times

January	16	CPR	10:00-5:00
	17	First-Aid	1:00-5:00
February	6	CPR	10:00-5:00
	7	First-Aid	12:00-3:00
	7	Water Rescue	2:00-6:00
April	10	CPR	10:00-5:00
	11	First-Aid	1:00-5:00
		*Spanish teaching available	
June	5	CPR	10:00-5:00
	6	First-Aid	12:00-3:00
	6	Water Rescue	2:00-6:00
July	17	CPR	10:00-5:00
	18	First-Aid	1:00-5:00
August	14	CPR	10:00-5:00
	15	First-Aid	1:00-5:00
		*Spanish teaching available	
Septem-	11	CPR	10:00-5:00
	12	First-Aid	12:00-3:00
	12	Water Rescue	2:00-6:00
Novem-	6	CPR	10:00-5:00
Decem-	4	First-Aid**	10:00-10:30
	4	CPR**	10:30-11:30

** Challenge courses

Must hold current certifications to take course

Fees

	YMCA Members	Non- Members
Package with CPR, First-Aid	\$80	\$90
Package with CPR, First-Aid, Water Rescue	\$100	\$150
CPR	\$65	\$75
First-Aid	\$35	\$45
Water Rescue	\$50	\$75

