



Ridgedale YMCA Lifeguard and Safety Training Classes

Spring/Summer 2019 3/1/2019 - 8/31/2019

Phone: (952) 544-7708 Fax: (952) 544-4765

www.ridgedaleyymca.org www.facebook.com/ridgedaleyymca

BUILDING HOURS

Mon-Fri: M-Th 5:00am-10:00pm, F 5:00am-9:00pm
Saturda 6:00am-8:00pm
Sunday: 6:00am-8:00pm

KIDS STUFF HOURS

Mon-Fri: M-Th 8:00am-8:00pm, F 8:00am-7:00pm
Saturday:8:00am-1:00pm
Sunday: 8:00am-1:00pm

ARC Lifeguard Instructor

22_LE_2452_20_030519_Y

Cost: \$250

Registration available through 3/5

Instructor: Meagan Matrejek

Tuesday 3/5

Wednesday 3/6

Thursday 3/7

9:00 AM-4:00 PM

9:00 AM-4:00 PM

9:00 AM-5:00 PM

ARC Lifeguard + Oxygen Review

22_LE_2465_60_040619_Y

Cost: \$110

Registration available through 4/6

Saturday 4/6

Sunday 4/7

1:00 PM-8:00 PM

8:00 AM-12:30 PM

ARC Lifeguard Instructor Review

22_LE_2476_60_042019_Y

Cost: \$120

Registration available through 4/20

Instructor: Meagan Matrejek

Saturday 4/20

12:00 PM-7:30 PM

ARC Lifeguard Instructor

22_LE_2452_20_051419_Y

Cost: \$250

Registration available through 5/14

Instructor: Meagan Matrejek

Tuesday 5/14

Wednesday 5/15

Thursday 5/16

9:00 AM-5:00 PM

9:00 AM-4:00 PM

9:00 AM-4:00 PM

ARC Waterfront Lifeguard + Oxygen

22_LE_2467_10_052019_Y

Cost: \$270

Registration available through 5/12

Monday 5/20

Tuesday 5/21

Wednesday 5/22

Thursday 5/23

11:00 AM-4:30 PM

11:00 AM-4:30 PM

11:00 AM-4:30 PM

11:00 AM-7:30 PM

ARC Lifeguard + Oxygen Review

22_LE_2465_60_052519_Y

Cost: \$110

Registration available through 5/25

Saturday 5/25

Sunday 5/26

1:00 PM-8:00 PM

8:00 AM-12:30 PM

ARC Waterfront Lifeguard + Oxygen

22_LE_2467_20_052819_Y

Cost: \$270

Registration available through 5/20

Tuesday 5/28

Wednesday 5/29

Thursday 5/30

8:00 AM-3:00 PM

8:00 AM-3:00 PM

9:00 AM-7:00 PM

ARC Lifeguard + Oxygen Full - Blended 22_LE_2402_20_052819_Y Cost: \$220

Registration available through 5/20

Tuesday 5/28 Wednesday 5/29 Thursday 5/30 Friday 5/31
4:00 PM-9:30 PM 4:00 PM-9:30 PM 4:00 PM-9:30 PM 4:00 PM-8:30 PM

ARC Lifeguard + Oxygen Review 22_LE_2465_60_060119_Y Cost: \$110

Registration available through 6/1

Saturday 6/1 Sunday 6/2
10:00 AM-5:00 PM 8:00 AM-12:00 PM

ARC Lifeguard + Oxygen Full - Blended 22_LE_2402_10_060319_Y Cost: \$220

Registration available through 5/26

Monday 6/3 Tuesday 6/4 Wednesday 6/5 Thursday 6/6
9:00 AM-2:30 PM 9:00 AM-2:30 PM 9:00 AM-2:30 PM 9:00 AM-2:30 PM

ARC Lifeguard + Oxygen Full - Blended 22_LE_2402_11_060319_Y Cost: \$220

Registration available through 5/26

Monday 6/3 Tuesday 6/4 Wednesday 6/5 Thursday 6/6
4:00 PM-9:30 PM 4:00 PM-9:30 PM 4:00 PM-9:30 PM 4:00 PM-9:30 PM

ARC Lifeguard + Oxygen Full - Blended 22_LE_2402_50_060719_Y Cost: \$220

Registration available through 5/30

Friday 6/7 Saturday 6/8 Sunday 6/9
5:00 PM-9:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM

ARC Lifeguard + Oxygen Full - Blended 22_LE_2402_10_061019_Y Cost: \$220

Registration available through 6/2

Monday 6/10 Tuesday 6/11 Wednesday 6/12
9:00 AM-4:00 PM 9:00 AM-4:00 PM 9:00 AM-4:00 PM

ARC Lifeguard Instructor Review 22_LE_2476_50_062119_Y Cost: \$120

Registration available through 6/21

Instructor: Meagan Matrejek

Friday 6/21
11:00 AM-6:30 PM

ARC Lifeguard + Oxygen Review 22_LE_2465_20_071619_Y Cost: \$110

Registration available through 7/16

Tuesday 7/16 Wednesday 7/17 Thursday 7/18
11:00 AM-3:00 PM 11:00 AM-3:00 PM 11:00 AM-3:00 PM

ARC Lifeguard Instructor 22_LE_2452_20_081319_Y Cost: \$250

Registration available through 8/13

Instructor: Meagan Matrejek

Tuesday 8/13 Wednesday 8/14 Thursday 8/15
9:00 AM-5:00 PM 9:00 AM-4:00 PM 9:00 AM-4:00 PM

ARC Lifeguard + Oxygen Full - Blended 22_LE_2402_50_081619_Y Cost: \$220

Registration available through 8/8

Friday 8/16 Saturday 8/17 Sunday 8/18
5:00 PM-9:00 PM 8:00 AM-5:00 PM 8:00 AM-5:00 PM

Registration available through 8/19

Instructor: Meagan Matrejek

Monday 8/19

9:00 AM-4:30 PM

Class Descriptions

ARC Lifeguard + Oxygen Full - Blended Ages: 15+

Become certified in ARC Lifeguarding. Attendance at all class sessions is mandatory. Participants must be 15 years or older by the last day of class, and will receive certificates for Lifeguarding/First Aid/CPR/AED upon completion. Includes oxygen.

ARC Lifeguard + Oxygen Review Ages: 15+

Renew your ARC Lifeguarding and oxygen certification for another two years. Participants must attend all class sessions, and present verification of current American Red Cross Lifeguarding certification.

ARC Lifeguard Instructor Ages: 17+

Become certified to teach American Red Cross Lifeguarding. Attendance at all class sessions is mandatory. Participants must present verification of current American Red Cross Lifeguarding certification, and be 17 years or older by last day of class.

ARC Lifeguard Instructor Review Ages: 18+

Renew your American Red Cross Lifeguard Instructor certification for another two years. Participants must attend all class sessions, and present verification of current ARC Instructor certification.

Ages: 15+

ARC Waterfront Lifeguarding includes all the necessary skills to ensure the safety of patrons in non-surf, open-water areas found at public parks, resorts, summer camps and campgrounds in addition to standard lifeguarding skills and oxygen.