

## ABOUT US

The Kennebec Valley YMCA has a pool of the most qualified and credentialed instructors in the region. Our instructors hold a number of certifications and qualifications, including, Maine Licensed EMT, National Registry EMT, American Red Cross, YMCA of the USA. We have a YMCA of the USA Lifeguard and Swim Lessons Instructor Trainer on staff. Our goal is to provide the highest quality instruction in a fun and relaxed atmosphere.

For more information, contact:

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**THE Y: FOR YOUTH DEVELOPMENT,  
HEALTHY LIVING & SOCIAL  
RESPONSIBILITY.**

YMCA Mission: To provide the community with an inspirational environment for the enrichment of all people, through social, recreational & learning activities. Caring, Honesty, Respect & Responsibility are the basis for all that we do.

The YMCA is a non-profit 501c(3) charitable organization.



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**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# BECOME WHISTLE WORTHY

**LIFEGUARD TRAINING &  
SWIM INSTRUCTOR  
TRAINING CERTIFICATION  
COURSES AT THE  
KENNEBEC VALLEY YMCA**



## SWIM LESSONS INSTRUCTOR

**Dates:** December 27– 29, 10 AM–6 PM

**Cost With Books:** \$215 Member;  
\$250 Program Member;  
\$275 Non-Member

**Cost Without Books:** \$125 Member;  
\$150 Program Member;  
\$175 Non-Member

This course provides participants with the basic knowledge and skills to teach YMCA swim lessons to parent-child, preschool, youth and adults. It includes pool sessions on lesson planning, teaching methodology, class organization, class components, and skills for the YMCA progressive program. The course also covers the Y's expectations for instructors and outlines their responsibilities for teaching YMCA Aquatics classes that are student-centered, value-oriented, safe and effective in teaching aquatics skills. Included in the course is the YMCA Instructor Safety/Assistant Module. YMCA Instructor Safety Assistant (YISA), focuses on how an instructor can assist and help a lifeguard in the event of an emergency in the pool area. It will teach lifeguards who are also swim lesson instructors what role to play during an emergency while they are teaching rather than guarding.

**Prerequisites:** Must be 16 years of age or older on the last day of the scheduled course; Current CPR PRO, First Aid, AED & O2 certification (courses offered Dec.19 & 20); Ability to perform all strokes, but only 3 of the 5 strokes in good form; Wet ball skills & Diving skills; Tread Water for 2 minutes.



## LIFEGUARD TRAINING

**Dates:** November 2, 3, 4, 9, 10 & 11

**Times:** Fri. 5:30–9 PM, Sat. 10 AM–6 PM,  
Sun. 12–4 PM

**Cost:** \$150 Member; \$175 Program  
Member; \$225 Non-Member

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR Pro for the Professional Rescuer, Basic First Aid for the Community and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments. This comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. This course requires 8 ½ hours of online E-Learning, that must be completed before the course starts.

**Prerequisites:** Complete the Y Lifeguard eLearning courses found on <http://training.ymca.net/lifeguard>. Minimum age of 16 by the last day of the course.

**Physical Competency Requirements:** Tread water for 2 minutes (legs only); Swim 100 yards of front crawl; Swim 50 yards of each: Front crawl with the head up, Breaststroke, Breaststroke with the head up, Elementary backstroke kick with hands on the chest; Perform a feet-first surface-dive in 8 to 10 feet of water (then swim underwater for 15 feet); Starting in the shallow end of the water, sprint for a distance of approximately 60 feet then perform an arm-over-arm surface dive in 8 to 10 feet (or maximum depth of training facility); Pick up an object (dive ring) from the bottom of pool, surface and tread water for at least one minute with legs only, replace the object back to the bottom of the pool where it was found; Swim the remaining length to end of pool, and hoist yourself out of water to begin compressions on an adult manikin for one minute or 100 compressions, stand and listen to directions.

## CPR/AED FOR THE PROFESSIONAL RESCUER & OXYGEN ADMINISTRATION

**Date:** December 19th 5:30–9:30 PM

**Cost:** \$50 Member; \$60 Program  
Member; \$75 Non-Member

For healthcare providers, first responders, and professional rescuers in and outside the hospital or for those needing professional-level basic life support training as a job requirement. This course teaches Adult, Child, & Infant CPR, AED use, 2-rescuer CPR, and the use of bag-valve mask resuscitators. This course is approved by the Maine Health, Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS), and Joint Commission on Accreditation of Healthcare Organization's (JCAHO) Resuscitation Standard .

## BASIC FIRST AID

**Date:** December 20th 5:30–9 PM

**Cost:** \$50 Member; \$60 Program  
Member; \$75 Non-Member

Individuals who require or desire elementary first aid knowledge and skills with a focus on adults, children or both; including emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents and babysitters. Skills taught include the proper removal of contaminated gloves, controlling severe bleeding, manually stabilizing an injured limb, managing shock, and manually stabilizing a suspected spinal injury.

All courses meet National and State of Maine Requirements and Licensing Standards. All Courses approved by Maine Dept. of Health, Education & Child Care Standards.