



## **NEWS RELEASE**

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For Immediate Release

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### **Lifeguarding classes at the YMCA**

Warsaw, Indiana –The American Red Cross will be holding lifeguard training classes at the Kosciusko Community YMCA this spring break. Anyone over 15 can be trained as a lifeguard to help people enjoy the water safely. Through classroom learning and hands-on experience you will get the opportunity to learn all the skills necessary to be a lifeguard--surveillance skills, rescue skills, first aid training, and professional rescuer CPR.

Sign up at the American Red Cross at 320 N. Buffalo Street in Warsaw. Classes will be held Friday, April 3 from 5:00 to 9:00 p.m., Saturday, April 4 from 8:00 a.m. to 12:00 p.m. and 1:00 to 5:00 p.m., Monday, April 6 from 4:00 to 9:00 p.m., Tuesday, April 7 from 4:00 to 9:00 p.m. Wednesday, April 8 from 4:00 to 9:00 p.m., Thursday, April 9 from 4:00 to 9:00 p.m. and Saturday, April 11 from 8:00 a.m. to 1:00 p.m. After the class, participants will be certified in Lifeguarding and Professional CPR, First Aid, and AED. Sign up by March 31<sup>st</sup>.

To qualify for this American Red Cross Lifeguarding class you must be at least 15 and able to swim 300 yards continuously. Also, starting in the water you must be able to swim 20 yards using the front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object and exit the water without using a ladder or steps within 1 minute, 40 seconds.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.

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