

Aquatic Training Programs

YMCA Arthritis Aquatic Instructor

Time: Fri., 3:30 - 6:30 pm & Sat., 12:30 - 6:30 pm
Fees: Facility Member \$ 65
Program Member \$ 70
Non-Member \$ 75
Current CCY/VHY Staff \$ 20
Pre-requisites: Age 16+, CPR Pro/AED O₂, First Aid, Swim 4 laps (100 yds.) any stroke, Tread water 1 min.
Date: June 4 & 5 or Oct. 15 & 16

YMCA Swim Lesson Instructor includes Swim Instructor Safety Assistant

Time: Fridays, 3:30 pm - 9:30 pm
Fees: Facility: \$ 95
Program: \$ 105
Non-Member: \$ 115
Current CCY/VHY Staff: \$ 20
Pre-requisites: Age 16, Current CPR Pro, FA, AED - O₂, YMCA LG or YASA or YISA
Dates: Jan. 15, 22, 29, & Feb. 5
April 30, May 7, 14, & 21
Sep. 17, 24, Oct. 1 & 8

YMCA Stroke Mechanics

Time: 12:30 pm - 6:30 pm
Fees: Facility Member: \$ 55
Program Member \$ 60
Non-Member \$ 65
Current CCY/VHY Staff \$ 20
Pre-requisites: Age 16+, CPR, AED, O₂, FA, YMCA Swim Lessons Instructor
Date: March 27, July 31 or Nov. 13

YMCA Syncro

Time: Fri., 5:30 - 9:30 pm & Sat., 12:30 - 6:30 pm
Fees: Facility Member \$ 65
Program Member \$ 70
Non-Member \$ 75
Current CCY/VHY Staff \$ 20
Pre-requisites: Age 16+, CPR, AED, O₂, FA, YMCA Swim Lessons Instructor
Date: April 16 & 17 or Aug. 13 & 14 or Dec. 3 & 4

YMCA Instructor Training

In 2010, the YMCA will offer aquatic training programs to train instructors. The schedule listed shows class times, dates and fees.

Registration Information

You can register by e-mail, online if CCY member or staff, or registration forms. Forms are required one week in advance.

All classes are at the Crescenta-Cañada Family YMCA



The courses listed in this brochure are offered by the Crescenta-Cañada Family YMCA (CCYMCA) to train instructors and others water safety.

For more than 50 years, CCYMCA has been teaching swimmers of all ages to be safe in and around the water.

The YMCA is nationally recognized for their commitment to water safety.

Contact Information

Georgia Harrison
Aquatic Fitness and Training Supervisor
(818) 790-0123 x 282
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Aquatic Training Schedule 2010



Crescenta-Cañada Family YMCA
1930 Foothill Blvd.
La Cañada Flintridge, CA 91011
www.ymcafoothills.org

Aquatic Training Programs

YMCA on the Guard II, 4th Edition

Time: Saturdays, 12:30 pm - 6:30 pm
 Includes: CPRO, AED, FA & O2
 Fees: Facility: \$ 175
 Program: \$ 185
 Non-Member: \$ 195
 Prerequisites: Age 16
 Dates: Jan. 9 - Feb. 20 | July 10 - Aug. 21
 Feb. 27 - April 17 | Sept. 11 - Oct. 23
 April 24 - June 12 | Oct. 30 - Dec. 11

CPR for the Professional and AED

Time: Saturdays, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 50
 Program: \$ 55
 Non-Member: \$ 60
 Dates: Jan. 9 April 24 Sept. 11
 Feb. 27 July 10 Oct. 30

First Aid & Bloodborne Pathogens

Time: Saturdays, 12:30 pm - 4:30 pm
 Fees: Facility: \$ 45
 Program: \$ 50
 Non-Member: \$ 55
 Dates: Jan. 16 May 1 Sept. 18
 Mar. 6 July 17 Nov. 6

Lifeguard Challenge

Time: 12:30 pm - 6:30 pm
 Fees: Facility: \$ 25
 Program: \$ 30
 Non-Member: \$ 35
 Current CCY/VHY Staff \$ 20
 Prerequisites: YMCA LG CPR Pro, AED, O2, First Aid
 Dates: Feb. 20 June 12 Oct. 23
 April 17 Aug. 21 Dec. 11

YMCA Lifeguard Instructor

Time: Saturdays, 9:00 am - 6:30 pm
 Fees: Facility Member \$ 110
 Program Member \$ 115
 Non-Member \$ 125
 Current CCY/VHY Staff: \$ 20
 Dates: May 8, 15 & 22
 Pre-requisites: Age 18, YMCA Lifeguard CPR Pro, First Aid, O2 AED, Others I Training PYALS or Fundamentals of Teaching YMCA Swim Lessons.

YMCA Lifeguard Crossover

Time: Saturdays, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 50
 Program: \$ 55
 Non-Member: \$ 60
 Current CCY/VHY Staff: \$ 20
 Pre-requisites: Age 16, Current CPRO, FA, AED - O2, ARC LG
 Dates: Jan. 9 & 16 | Sept. 11 & 18
 April 24 & May 1 |
 June 19 & 26

YMCA Water Fitness Instructor

Time: Saturdays, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 100
 Program: \$ 110
 Non-Member: \$ 115
 Current CCY/VHY Staff \$ 20
 Prerequisites: Age 18, YMCA LG or YASA, CPR Pro, FA, AED, O2
 Dates: Jan. 30, Feb. 6 & 13

Water Fitness Renewal

Time: 12:30 pm - 6:30 pm
 Fees: Facility: \$ 25
 Program: \$ 30
 Non-Member: \$ 35
 Current CCY/VHY Staff \$ 20
 Prerequisites: YMCA WFI, CPR Pro/AED, O2, First Aid, YMCA LG or YASA
 Dates: Feb. 13

YMCA Active Older Adult Water Fitness Instructor

Time: Saturdays, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 95
 Program: \$ 105
 Non-Member: \$ 115
 Current CCY Staff: \$ 20
 Pre-requisites: Age 18, YMCA LG, or YASA, YMCA, Water Fitness Instructor, CPR Pro, FA, AED & O2
 Dates: July 17 & 24

YMCA A.O.A. Water Fitness Instructor Renewal

Time: Saturday, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 25
 Program: \$ 30
 Non-Member: \$ 35
 Current CCY/VHY Staff \$ 20
 Prerequisites: YMCA WFI, AOAI, CPR Pro/AED, O2, First Aid, Y Lifeguard or YASA
 Dates: July 24

YMCA Aquatic Safety Assistant (YASA)

Time: Saturdays, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 45
 Program: \$ 50
 Non-Member: \$ 55
 Current CCY/VHY Staff: \$ 20
 Pre-requisites: Age 14, CPR Pro, FA, AED, & O2
 Dates: Feb. 27 & March 6 | Oct. 30 & Nov. 6
 June 19 & 26

Principles of Aquatic Leadership

Time: Friday, 3:30 pm - 6:30 pm
 Fees: Facility Member \$ 45
 Program Member \$ 50
 Non-Member \$ 55
 Date: May 14

YMCA Aquatic Management

Time: Friday, 9:00 pm - 5:00 pm
 Fees: Facility: \$ 110
 Program: \$ 120
 Non-Member: \$ 130
 Current CCY/VHY Staff: \$ 20
 Pre-requisites: Age 18, Training Others
 Dates: March 5, 12 & 19

Training Others I (PTO)

Time: Friday, 7:00 pm - 9:00 pm
 Fees: Facility: \$ 45
 Program: \$ 50
 Non-Member: \$ 55
 Dates: March 12 or May 14

American Safety & Health Institute CPR, O2, AED, First Aid Instructor

Time: 9:00 am - 5:00 pm
 Fees: Facility: \$ 110
 Program: \$ 120
 Non-Member: \$ 130
 Current CCY/VHY Staff: \$ 20
 Prerequisites: Age 18, Current ASHI CPR, AED, O2, First Aid
 Dates: April 9 & 10

