

AQUATIC TRAINING PROGRAMS

YMCA Arthritis Aquatic Instructor Includes YMCA Instructor Safety Assistant

Time: Fri., 9:30-3:30pm & Sat., 9:00-6:30pm
Fees: Facility Member \$ 100
Program Member \$ 110
Non-Member \$ 120
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: April 27 & 28, October 26 & 27

YMCA Swim Lesson Instructor Includes YMCA Instructor Safety Assistant

Time: Fri., 3:30-9:30pm & Sat., 12:30-6:30pm
Fees: Facility \$ 120
Program \$ 130
Non-Member \$ 140
Current CCY/VHY Staff \$ 20
Pre-requisites: Age 16, Current CPR Pro, FA, AED -
O₂, YMCA LG or YASA or YISA
Dates: June 15 & 16, 22 & 23
October 5 & 6, 12 & 13

YMCA Stroke Mechanics

Time: 12:30pm - 7:00pm
Fees: Facility Member \$ 50
Program Member \$ 60
Non-Member \$ 70
Current CCY/VHY Staff \$ 20
Pre-requisites: Age 16+, CPR, AED, O₂, FA, YMCA
Swim Lessons Instructor
Date: April 21, December 8

YMCA Syncro

Time: Fri., 3:30-6:30pm & Sat., 12:30-7:00pm
Fees: Facility Member \$ 60
Program Member \$ 70
Non-Member \$ 80
Current CCY/VHY Staff \$ 20
Pre-requisites: Age 16+, CPR, AED, O₂, FA, YMCA
Swim Lessons Instructor
Date: November 2 & 3

YMCA INSTRUCTOR TRAINING

In 2012, the Y will offer aquatic training programs to train instructors. The schedule listed shows class times, dates and fees.

Registration Information

You can register by phone or in person at the Membership Office. CCY members and staff can also register online. 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 YMCA of the Foothills 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

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FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR OUR COMMUNITY



Aquatic Certifications 2012 Schedule

YMCA of the Foothills
1930 Foothill Blvd.
La Cañada Flintridge, CA 91011
www.ymcafoothills.org

AQUATIC TRAINING PROGRAMS

YMCA on the Guard

Time: Saturdays, 12:30pm - 6:30pm
 Includes: CPRO, AED, FA & O2
 Fees: Facility \$ 180
 Program \$ 190
 Non-Member \$ 200
 Prerequisites: Age 16

Dates:	<u>4th Edition</u>	<u>New Y LG</u>
	Jan 14 - Feb 18	June 2 - July 7
	Feb 25 - March 31	July 14 - Aug 18
	April 14 - May 19	Sept 8 - Oct 13
		Oct 20 - Dec 1

CPR for the Professional and AED

Time: Saturdays, 12:30pm - 6:30pm
 Fees: Facility \$ 60
 Program \$ 70
 Non-Member \$ 80
 Current CCY/VHY Staff (No Charge)
 Dates: March 31, June 23, September 29

First Aid & Bloodborne Pathogens

Time: Saturdays, 12:30pm - 4:30pm
 Fees: Facility \$ 50
 Program \$ 60
 Non-Member \$ 70
 Current CCY/VHY Staff (No Charge)
 Dates: May 19, June 30, November 17

Lifeguard Recertification

Time: 12:30pm - 6:30pm
 Fees: Facility \$ 25
 Program \$ 30
 Non-Member \$ 35
 Current CCY/VHY Staff \$ 20
 Prerequisites: YMCA LG CPR Pro, AED, O2, First Aid
 Dates: Feb 18, March 31, May 19, July 7, August 18, October 13, December 1



YMCA Lifeguard Crossover

Time: Saturdays, 12:30pm - 6:30pm
 Fees: Facility \$ 50
 Program \$ 60
 Non-Member \$ 70
 Current CCY/VHY Staff \$ 20
 Pre-requisites: Age 16, Current CPRO, FA, AED - O2, ARC LG
 Dates: Jan 7 & 14, May 5 & 12, July 14 & 21, Sept 22 & 29, Dec 8 & 15

YMCA Water Fitness Instructor

Time: Saturdays, 12:30pm - 6:30pm
 Fees: Facility \$ 120
 Program \$ 130
 Non-Member \$ 140
 Current CCY/VHY Staff \$ 20
 Prerequisites: Age 18, YMCA LG or YASA, CPR Pro, FA, AED, O2
 Dates: Jan 28, Feb 4 & 11 or Aug 4, 11, & 18

YMCA Water Fitness Renewal

Time: 9:00am - 6:00pm
 Fees: Facility \$ 50
 Program \$ 55
 Non-Member \$ 60
 Current CCY/VHY Staff \$ 20
 Prerequisites: YMCA WFI, CPR Pro/AED, O2, First Aid, YMCA LG or YASA
 Dates: Feb 11, August 18

YMCA Active Older Adult Water Fitness Instructor

Time: Fri. & Sat., 9:00 am - 6:00 pm
 Fees: Facility \$ 100
 Program \$ 110
 Non-Member \$ 120
 Current CCY Staff \$ 20
 Pre-requisites: Age 18, YMCA LG, or YASA, YMCA, Water Fitness Instr., CPR Pro, FA, AED & O2
 Dates: March 17 & 24

YMCA A.O.A. Water Fitness Instructor Renewal

Time: Saturday, 9:00am - 6:00pm
 Fees: Facility \$ 50
 Program \$ 55
 Non-Member \$ 60
 Current CCY/VHY Staff \$ 20
 Prerequisites: YMCA WFI, AOAI, CPR Pro/AED, O2, First Aid, Y Lifeguard or YASA
 Dates: March 24

YMCA Aquatic Safety Assistant (YASA)

Time: Fri., 4:00-8:00pm Sat., 12:30-6:30pm
 Fees: Facility \$ 50
 Program \$ 55
 Non-Member \$ 60
 Current CCY/VHY Staff \$ 20
 Pre-requisites: Age 14, CPR Pro, FA, AED, & O2
 Dates: March 2 & 3, July 27 & 28, Oct 19 & 20

YMCA Aquatic Management

Time: Friday, 9:00am - 6:00pm
 Fees: Facility \$ 120
 Program \$ 130
 Non-Member \$ 140
 Current CCY/VHY Staff \$ 20
 Prerequisites: Age 18, the Study Guide can be downloaded from www.ymcaexchange.org
 Dates: March 2, 9 & 16

