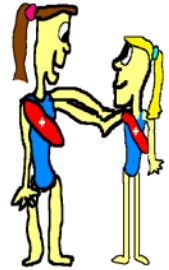


## American Red Cross Guard Start (Ages 9-14yrs.)

Not quite old enough to be a lifeguard but still want to learn what it takes? Join us this summer for our American Red Cross Guard Start program. During the week, participants will learn rescue skills, CPR, and First Aid.

If you have any questions, please call Marc at 603.352.6002 x232 or e-mail: [aquatics@keene-ymca.org](mailto:aquatics@keene-ymca.org).



### A.R.C. Guard Start

<b>July 14th - July 16th, 2008</b>	<b>8:00 AM - 12:00 Noon</b>
<b>Fees</b>	<b>\$25</b>

## YMCA Aquatic Aides (Ages 9-14yrs.)

After successful completion of our A.R.C. Guard Start program and with the Aquatic Director's approval, participants will be trained to assist YMCA instructors in swim lessons and other aquatic classes.

If you have any questions, please call Marc at 603.352.6002 x232 or e-mail: [aquatics@keene-ymca.org](mailto:aquatics@keene-ymca.org).

### YMCA Aquatic Aides (Y.A.A.)

<b>Date/Time</b>	<b>TBD</b>
<b>Fees</b>	<b>FREE</b>



## A.R.C. Waterfront Lifeguard Training (Ages 15+)

This summer the Keene Family YMCA will be offering a waterfront lifeguard training classes for individuals ages 15 and older. The Waterfront Lifeguard training will prepare the individual to guard at non-surf, open water environments such lakes and rivers as well as traditional pools.

Participants must successfully complete a swim test before registering for the training. Participants are required to attend all scheduled classes.

Upon successful completion of the class, each participant will receive ARC Waterfront Lifeguard and First Aid certification valid for 3 years and CPR for the Professional Rescuer and AED certification valid for 1 year.

A minimum of 6 participants are needed in order to run each class.

If you have any questions, please call Marc at 603.352.6002 x232 or e-mail: [aquatics@keene-ymca.org](mailto:aquatics@keene-ymca.org).

### A.R.C. Waterfront Lifeguard Training

<b>Date/Time</b>	<b>TBD</b>
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VISIT US ON THE WEB!

[WWW.KEENE-YMCA.ORG](http://WWW.KEENE-YMCA.ORG)