

FOR IMMEDIATE RELEASE

DATE: February 15, 2010

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LIFEGUARD TRAINING

YWCA York is offering a Lifeguard Training course this March to participants 15 years or older. This training includes certification in First Aid and CPR for the Professional Rescuer. After completing the swimming skills test, participants will learn the skills and gain the knowledge needed to prevent and respond to non-surf aquatic emergencies. The sessions are Saturday, March 20th from 9 a.m. – 1 p.m. and Sundays March 21, 28, April 11 & 18 from 1 - 5 p.m. Participants must attend all training sessions. The fee is \$75.00 plus book costs. For more information, call 845-2631 ext. 114.

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