



April 21, 2009

**Public Service Announcement/  
for Immediate Release**

**American Red Cross Lifeguarding Course**

The Stanly County Red Cross will offer the American Red Cross Lifeguarding Course at the Stanly County Family YMCA, Monday, May 25 (5:00 – 9:30 p.m.); Tuesday, May 26 (5:00 – 9:30 p.m.); Wednesday, May 27 (5:00 – 9:30 p.m.); Thursday, May 28 (5:00 – 9:30 p.m.); Friday, May 29 (5:00 – 9:30 p.m.) and Saturday, May 30 (9:00 a.m. – noon) and (1:00 – 5:00 p.m.)

To be eligible for the Lifeguarding course, the participant must be 15 years of age on or before the final scheduled session of this course. The participant must successfully complete the following:

1. Swim 300 yards continuously, using these strokes in the following order:
  - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or the front.
  - 100 yards of breaststroke using a pull, breathe, kick or glide sequence.
  - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.

For more information or to enroll call 704 982-0070 weekdays 9:00 AM to 5:00 PM.

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