

## Blended Learning Lifeguard Course FAQ

### What are the prerequisites?

Participants must be 15 years old at the start of the course.

Participants must be able to swim 300 meters (6 laps) continuously using a breast stroke or freestyle stroke.

Participants must retrieve a 10lb brick from a depth of 7-10 feet and swim with it to the shallow end of the pool in 1 minute 30 seconds.

Participants must tread water without using their arms for 2 minutes.

At the time of registration, participants must provide a current email address for the link to the online learning content.

### How do I register for the course?

You can register by calling our Member Services desk at 717-762-6012, or by coming into the facility, or online at

<https://anc.apm.activecommunities.com/waynesboroymcaorg/home?onlineSiteId=0>

### How do I get the online learning materials?

At the time of registration, participants must provide a current email address for the instructor to send the link to the online learning content. Directions for accessing the online content will be in the email.

### How long does it take to complete the online learning content?

Everyone learns at a different pace, but generally participants should expect to spend 6-10 hours on the online content. This **MUST** be completed before the first day of class.

### When is the last day that I can register for the class?

Registration closes one week before the first day of class, to allow time for participants to complete the online learning content and for the instructors to prepare for class.

### What should I bring to class?

Bring several swimsuits, towels, and layers of clothing. We will be in and out of the pool frequently, as well as in air-conditioned classrooms. Bring snacks and drinks, goggles (if desired) for the 300 meter swim, and hair ties or a swim cap for keeping back long hair.

**When are lunch breaks?**

Lunch breaks will be short, please bring food (we have refrigeration) and plan on eating at the facility. We strongly recommend bringing snacks and drinks to keep your energy up throughout the course.

**What if I can't make some of the class times?**

Participants are required to attend all the in-person sessions. All in-person sessions must be attended to pass the course.

**What happens if I don't pass the course?**

To pass the course, each participant must:

Attend and participate in all in-person sessions.

Pass the in-water final scenarios.

Pass the written exams with 80% or higher score.

Ample opportunities for practice and review are provided during the in-person sessions. Each participant is allowed two attempts for the final scenarios, and two attempts for the written exams. In the event that a participant does not pass either the final scenarios and/or the written exams, they will not receive their certification. No refunds are given for failure to pass.

For all other questions, please contact the Aquatics Director, Sarah Santangelo, at [sarah@waynesboroyca.org](mailto:sarah@waynesboroyca.org)