**Basic First Aid for the Community and Workplace**
In this nationally recognized program, participants will develop basic first aid knowledge and skill and the confidence to respond. They learn signs, symptoms, and treatment of emergencies such as severe bleeding, shock, burns, allergic reactions, poisoning and more. **Cost: $55**
Thursday, Mar 5 6:00-9:30pm 11179

**CPR/AED American Heart Association for the Professional Rescuer**
The BLS Instructor-led course teaches both single-rescuer and team basic life support skills for application in both pre-hospital and in-facility environments, with a focus on High-Quality CPR and team dynamics. **Cost: $75**
Thursday, Mar 19 6:00-9:30pm 11181

**ASHI CPR/AED for the Community**
The program is for the individual who wants or are required to have CPR and AED knowledge and skills: including emergency response teams in the workplace, school bus drivers, adult residential care personnel, child care worker, teachers, parents, and baby-sitters. **Cost: $65**
Thursday, Apr 2 6:00 - 9:30 pm 11180

**American Red Cross Lifeguard Courses**
Must be 15 years old by the last day of the course. To successfully complete the lifeguarding certification course, participants must attend and participate in all sessions, demonstrate competency in all sessions, demonstrate competency in all required skills, activities, and final rescue skill scenarios in addition to passing both exams with a minimum grade of 80%. Participants should be able to complete a prerequisite swim: 300 yard continuous swim, 2 minutes of treading water using ONLY legs, and completion of a timed event within 1 minute and 40 seconds. **Cost: Member $283 / Non-Member $350**
Sundays Apr 5,19,26 9:00 am - 7:00 pm 11182

**American Red Cross Lifeguard Recertification Courses**
The lifeguard recertification course is for individuals that possess current lifeguarding certifications that need to be recertified before their certifications expire. Participants DO NOT need to pass a prerequisite swim to register for this course. Must bring a copy of their current certification to class. **Cost: Members $129 / Non-Members $206**
Saturday, Apr 18 9:00 am - 7:00 pm 11183

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**BE A LIFEGUARD AT THE METROWEST YMCA!**
The MetroWest YMCA is currently offering a unique job training program. If you are interested in becoming a lifeguard, the Y will train you and hire you - at no cost to you!

Here’s how it works:

1) APPLY. Fill out an employment application (available online).

2) INTERVIEW & HIRING. A YMCA Director will invite you to interview. If offered the position, complete the paperwork to become an employee. Basic Requirements: At least 16 years at the end of the training, able to complete swim endurance requirements: 300yard swim, 2-min treading water and brick retrieval.

3) COMPLETE THE AMERICAN RED CROSS LIFEGUARD COURSE. Free!! If you commit to 12-months of employment with the MetroWest YMCA. $200 if you commit to the summer-only employment at the MetroWest YMCA.

Questions? Interested in signing up? Please contact: Katie DuPont kdupont@metrowestymca.org 508-879-4420 x288
ADULT AQUATIC FITNESS

Water Aerobics
Aerobic water workout focuses on coordination, flexibility, endurance and toning. Adaptable from beginners to experienced participants. Non-swimmers welcome!

1-day option: $20 members/$40 non-members
Monday 10:05 - 10:45 am 11130
Monday 8:30 - 9:30 pm 11131
Tuesday 7:30 - 8:15 pm 11132
Wednesday 10:05 - 10:45 am 11133
Thursday 7:30 - 8:15 pm 11134
Friday 10:05 - 10:45 am 11135

3 day $46 members/$105 non-members
Mon/Wed/Fri 10:05 - 10:45 am 11136
Mon/Tues/Thurs (Mon) 8:30 - 9:30 pm 11137
(Tue/Thurs) 7:30- 8:15 pm

Water Walking - Low Impact
Total body workout with less impact on joints and more resistance than land walking. One half hour of water walking is equal to 2 hours on land.

$10 members/$35 non-members per day
Please sign up for the class or classes you wish to attend.
Monday 11:30 am - 12:00 pm 11138
Tuesday 11:30 am - 12:00 pm 11139
Tuesday 7:00 am - 7:30 pm 11140
Wednesday 11:30 am - 12:00 pm 11141
Thursday 11:30 am - 12:00 pm 11142
Thursday 7:00 - 7:30 pm 11143
Friday 11:30 am - 12:00 pm 11144

Advanced Water Walking - High Impact
This is a high energy class, must already know how to water walk. High energy portion includes water walking, jogging, running and biking all done in the water.

$10 members/$35 non-members per day
Monday 11:00 am - 11:30 am 11145
Wednesday 11:00 am - 11:30 am 11146
Friday 11:00 am - 11:30 am 11147

Ai Chi
Non-swimmers welcome.
Ai Chi is a water exercise and relaxation program created to help participants enjoy the water in a flowing, yet powerful progression. It consists of a sequence of slow, broad movements of the arms and legs, breathing, upper extremities, trunk stability, lower extremity movements, and coordinated total body movements. Ai Chi is used for pain management, back pain, arthritis, fibromalgia, orthopedic problems, prenatal, stroke rehab and asthma.

$20 members/$45 non-members
Tuesday 10:30 - 11:15 am 11148
Thursday 10:30 - 11:15 am 11149

ADULT SWIM LESSONS
FEB 24 - APR 19
$86 Members
$172 Non-Members

Beginner A
For adults who have little to no swimming experience or are unable to put their face in the water or have a fear of the water. This class will also focus on floating and safety.
Wednesday 8:00 - 8:40 pm 11122
Thursday 1:30 - 2:10 pm 11184
Saturday 1:25 - 2:05 pm 11185

Beginner B
This adult class will focus on beginner strokes, stroke technique, jumping in, combination skills, safety and endurance.
Monday 7:45 - 8:25 pm 11123
Wednesday 2:00 - 2:30 pm 11124
Wednesday 8:40 - 9:20 pm 11125
Thursday 1:30 - 2:00 pm 11126

MASTERS SWIM TEAM
Open to adults 19 years old and up. Program features coached workouts and drills. Practices are held on Monday, Wednesday and Fridays, 5:15am-6:15am. Team members are eligible to compete in meets. (9 weeks - no break)

Session $102 members / $204 non members
Session (MWF) 5:15-6:15 am 11129

OPPORTUNITIES TO ENGAGE
NOW HIRING!
CPR/FIRST AID TRAINER
LIFEGUARD INSTRUCTOR TRAINER
WATER FITNESS INSTRUCTOR
ASSISTANT SWIM TEAM COACH
SWIM INSTRUCTORS
AQUATICS PROFESSIONAL

Get a job, Get a membership!
metrowestymca.org/employment-0