



Central Florida YMCA

Aquatic Training Calendar - February 2010

Course, Location & Contact	Dates	Time	Prerequisites	Books & Advanced Prep.	Cost
YMCA Lifeguard Training YMCA Aquatic Center 8422 International Drive Orlando, Fl 32819 Vicki Golat 407-363-1911	February 2 thru March 4		16 years of age, ability to swim 500 yards non-stop, tread water legs only 2 minutes & dive to 9 feet deep	Text book: <u>YMCA On the Guard II, 4th Edition</u> . Read book and answer study questions after each chapter.	\$125 YMCA Staff
	Tuesday & Thursday	5:00 - 9:00 P.M.			\$200 YMCA Member
					\$250 Non-Member
YMCA Swim Lesson Instructor YMCA Aquatic Center 8422 International Drive Orlando, Fl 32819 Vicki Golat 407-363-1911	February 3 - 27		16 yrs of age, CPR-PR, First Aid, Oxygen Administration Strong swimming knowledge and ability	Textbooks: Fundamentals of teaching YMCA Swim Lessons, Parent/ Child and Preschool manual and Youth and Adult manual	\$125 YMCA STAFF ONLY
	Wednesdays	4:00 P.M. - 8:00 P.M.			
	Saturdays	8:30 A.M. - 12:30 P.M.			
YMCA Lifeguard Re-cert Challenge Winter Park YMCA 1201 N. Lakemont Ave. Wintr Park, FL 32792 Alison Miller 407-644-1509	February 20th	12 noon - 4:00 P.M.	Current YMCA Lifeguard, CPR-PR, First Aid, Oxygen Administration	Textbook: <u>YMCA On the Guard II, 4th edition</u> . Review study questions and prepare for the written test.	\$40 Staff/Member
	Saturday				
YMCA Stroke Mechanics YMCA Aquatic Center 8422 International Drive Orlando, Fl 32819 Vicki Golat 407-363-1911	February 21st	9:00 A.M. - 4:30 P.M.	Current YMCA Swim Lesson Instructor, CPR- PR, First Aid, Oxygen Administration	Fundamentals of Teaching YMCA Lessons, Parent/Child and Preschool manual, Youth & Adult manual	\$60 YMCA Staff
	Sunday				

***** Books can be ordered through the YMCA Program Store: 1.800.747.0089*****

To register for a particular training contact the YMCA Family Center that is hosting the training.

For questions contact Vicki Golat, Association Aquatic Director at 407.363.1911 or vgolat@cfymca.org



Aquatic Training Calendar - March 2010

Course, Location & Contact	Dates	Time	Prerequisites	Books & Advanced Prep.	Cost
YMCA Lifeguard Training Marion County YMCA 3200 S.E. 17th Street Ocala, FL 34471 Mark MacDonald 352.368.9622	Friday, March 19th	5:00 P.M. - 9:00 P.M.	16 years of age, ability to swim 500 yards non-stop, tread water legs only 2 minutes & dive 9 feet	Textbook: YMCA On the Guard II, 4th edition. Read book and answer study questions after each chapter.	\$125 YMCA Staff
	Saturday, March 20th	8:00 A.M. - 6:00 P.M.			\$200 YMCA Member
	Sunday, March 21st	8:00 A.M. - 6:00 P.M.			\$250 Non-Member
	Saturday, March 27th	8:00 A.M. - 6:00 P.M.			
	Sunday, March 28th	8:00 A.M. - 6:00 P.M.			
YMCA Lifeguard Training Lake Nona YMCA Family Center 9055 Northlake Parkway Orlando, FL 32827 Shawn Moran 407-852-3520	March 29 - April 3		16 years of age, ability to swim 500 yards non-stop, tread water legs only 2 minutes & dive 9 feet	Textbook: YMCA On the Guard II, 4th edition. Read book and answer study questions after each chapter.	\$125 YMCA Staff
	Mon thru Fri	9:00 A.M. - 5:00 P.M.			\$200 YMCA Member
	Saturday	9:00 A.M. - 12 noon			\$250 Non-Member
YMCA Lifeguard Re-certification/ Cross-over Marion County YMCA 3200 S.E. 17th Street Ocala, FL 34471 Mark MacDonald 352-368-9622	Saturday March 6th	8:00 A.M. - 6:00 P.M.	Current YMCA Lifeguard or current Red Cross Lifeguard, CPR-PR, AED, First Aid, Oxygen Administration	Textbook: YMCA On the Guard II, 4th edition. Read book and answer study questions after each chapter.	\$60 YMCA Staff & Mbr
	Sunday March 7th	8:00 A.M. - 6:00 P.M.			\$75 Non-Member
YMCA Synchronized Swim Instructor YMCA Aquatic Center 8422 International Drive Orlando, FL 32819 Vicki Golat 407-363-1911	Saturday March 13th	8:30 A.M. - 4:00 P.M.	Current YMCA Swim Lesson Instructor, CPR- PR, First Aid, Oxygen Administration	Materials provided at first class	\$60 YMCA Staff
YMCA Water Fitness Instructor YMCA Aquatic Center 8422 International Drive Orlando, FL 32819 Vicki Golat 404-363-1911	Friday March 5th	4:00 - 8:00 P.M.	17 years of age, CPR- PR, First Aid, Oxygen Administration and YMCA Aquatic Safety Assistant (YASA)	Textbook: YMCA Water Fitness for Health. Read book and complete study guide (available at ymcaexchange.org)	\$100 YMCA staff/Mbr.
	Saturday March 6th	8:00 A.M. - 6:00 P.M.			\$150 Non-Member
	Sunday March 7th	8:00 A.M. - 6:00 P.M.			

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To register for a particular training contact the YMCA Family Center that is hosting the training.
 For questions contact Vicki Golat, Association Aquatic Director at 407.895.8652 or vgolat@cfymca.org



Aquatic Training Calendar - April 2010

Course, Location & Contact	Dates	Time	Prerequisites	Books & Advanced Prep.	Cost
YMCA Lifeguard Training Winter Park YMCA Family Center 1201 N. Lakemont Ave. Winter Prk, FL 32792 Alison Miller 407.644.1509	April 3 - 10		16 years of age, ability to swim 500 yards non-stop, tread water 2 minutes legs only & dive to 9 feet.	Textbook: <u>YMCA On the Guard II, 4th Edition</u> . Read book and answer study questions at the end of each chapter.	\$125 YMCA staff
	Saturday	8:00 A.M. - 6:00 P.M.			\$200 YMCA Member
	Sunday	8:00 A.M. - 6:00 P.M.			\$250 Non-Member
	Monday thru Firday	9:00 A.M. - 6:00 P.M.			
YMCA Lifeguard Training Golden Triangle YMCA Family Center 1465 David Walker Road Tavares, FL 32778 Pam Sanders 352.343.1144	April 13 - 17		16 years of age, ability to swim 500 yards non-stop, tread water legs only 2 minutes & dive 9 feet	Textbook: <u>YMCA On the Guard II, 4th edition</u> . Read book and answer study questions after each chapter.	\$125 YMCA Staff
	Tuesday thru Saturday	12:00 P.M. - 6:00 P.M.			\$200 YMCA Member
					\$250 Non-Member
YMCA Lifeguard Training Marion County YMCA 3200 S.E. 17th Street Ocala, FL 34471 Mark MacDonald 352-368-9622	April 2 - 11		16 years of age, ability to swim 500 yards non-stop, tread water legs only 2 minutes & dive 9 feet	Textbook: <u>YMCA On the Guard II, 4th edition</u> . Read book and answer study questions after each chapter.	\$125 YMCA Staff
	Fridays	5:00 P.M. - 9:00 P.M.			\$200 YMCA Member
	Saturdays	8:00 A.M. - 6:00 P.M.			\$250 Non-Member
	Sundays	8:00 A.M. - 6:00 P.M.			
YMCA Swim Lesson Instructor YMCA Aquatic Center 8422 International Drive Orlando, FL 32819 Vicki Golat 407-363-1911	April 7 - May 1		16 years of age, CPR-PR, First Aid, Oxygen Administration, strong swimming ability and knowledge	Fundamentals of YMCA Lessons, Parent/Child & Preschool manual, Youth & Adult manual	\$125 YMCA Staff Only
	Wednesdays	4:00 P.M. - 8:00 P.M.			
	Saturdays	8:30 A.M. - 12:30 P.M.			

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Central Florida YMCA

Aquatic Training Calendar - May 2010

Course, Location & Contact	Dates	Time	Prerequisites	Books & Advanced Prep.	Cost
YMCA Lifeguard Cross Over - Re-certification Lake Nona YMCA 9055 Northlake Parkway Orlando, FL 32827 Shawn Moran 407-852-3520	April 30 - May 2		Current YMCA or Red Cross Lifeguard, CPR-PR, AED, First Aid, Oxygen Administration	Textbook: <u>YMCA On the Guard II, 4th edition.</u> Read book and answer study questions after each chapter.	\$125 YMCA staff
	Friday	4:00 P.M. - 9:00 P.M.			\$200 YMCA Member
	Saturday	9:00 A.M. - 5:00 P.M.			\$250 Non-Member
	Sunday	9:00 A.M. - 5:00 P.M.			
YMCA Lifeguard Training YMCA Aquatic Center 8422 International Drive Orlando, FL 32819 Vicki Golat 407-363-1911	May 4 - June 3		16 years of age, ability to swim 500 yards non-stop, tread water 2 minutes legs only & dive to 9 feet.	Textbook: <u>YMCA On the Guard II, 4th Edition.</u> Read book and answer study questions at the end of each chapter.	\$125 YMCA staff
	Tuesday & Thursday	5:00 P.M. - 9:00 P.M.			\$200 YMCA Member
					\$250 Non-Member
YMCA Stroke Mechanics Aquatic Center 8422 International Drive Orlando, FL 32819 Vicki Golat 407-363-1911	Saturday May 8th	8:30 A.M. - 4:00 P.M.	Current YMCA Swim Lesson Instructor, CPR-PR, First Aid, Oxygen Administration	Textbooks: <u>Fundamentals of Teaching YMCA Lessons, YMCA Parent/Child-Preschool Manual, YMCA Youth & Adult Manual.</u>	\$60 YMCA Staff Only
YMCA Lifeguard Training Winter Park YMCA 1201 N. Lakemont Ave. Winter Park, FL 32792 Alison Miller 407-644-1509	May 21 - 30		16 years of age, ability to swim 500 yards non-stop, tread water 2 minutes legs only & dive to 9 feet.	Textbook: <u>YMCA On the Guard II, 4th Edition.</u> Read book and answer study questions at the end of each chapter.	\$125 YMCA Staff
	Fridays	5:00 P.M. - 9:00 P.M.			\$200 YMCA Member
	Saturdays	8:00 A.M. - 6:00 P.M.			\$250 Non-Member
	Sundays	12 noon - 6:00 P.M.			

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