

LANCASTER -- The Robert K. Fox Family Y will offer the American Red Cross Lifeguarding Course beginning Feb. 19 at a cost of \$250.

To enroll in the lifeguarding course, residents must be 15 years of age before March 4. They also must be able to demonstrate the following skills:

» 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 to the front) 100 yards of breaststroke using a pull, breathe, kick, and glide sequence; and 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.

» Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive nine 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.

The skills evaluation will occur on the first day of the course.

The purpose of the American Red Cross Lifeguarding Course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

Successful completion requires participation in skills practice. The practice sessions will require some strenuous physical activity. Residents are encouraged to check with their health care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Lifeguarding Course, residents need to alert the person in charge of the course.

To enroll, call the Robert K Fox Family Y at (740) 654-0616.