

We are the difference makers

P.A.L.S. (Parents as Leaders)

In order to increase parental involvement in the aquatic programs, your YMCA has developed a P.A.L.S. program for preschool and youth swim classes. A P.A.L.S. parent is one who joins us on the deck to help swimmers get ready for class, helps locate parents for assistance or aids the instructor in the water allowing for more individualized instruction. If you are interested contact the Aquatics Director.

YMCA Lifeguard Class

Become a YMCA certified lifeguard in just two weekends! Once enrolled in the class you will be certified in CPR, First Aid, AED, and Oxygen Administration. Participants must be at least 16 years of age, be able to swim 10 laps without stopping, tread water for two minutes and surface dive to a depth of 9 feet. 100% attendance for all classes are required to be certified.

Friday, April 23 4-9 p.m. (CPR and First Aid Training)

Saturday, April 24 12-7 p.m.

Sunday, April 25 8 a.m.- 3 p.m.

Friday, April 30 4-9 p.m.

Saturday, May 1 12-7 p.m.

Sunday, May 2 8 a.m.- 3 p.m.

**Must be registered by April 9.*

FEE: FM \$175 PM \$225

American Heart Association CPR Basics

This is your chance to get certified in American Heart Association Basic CPR. This course will cover the basics of adult, child and infant CPR. This certification is good for two years. Heart-saver student manual included. Space limited to 12 students.

Friday, April 16 9-11 a.m. (Instructor Yancy)

**Must be registered by April 9.*

FEE: FM \$30 PM \$50

American Heart Association CPR for the Professional Rescuer

This is your chance to get certified in American Heart Association CPR for the Professional Rescuer. This course will cover all skills needed for the Professional rescuer (lifeguards, health care professionals and EMS). This certification is good for two years. Healthcare Provider student manual included. Space limited to 12 students.

Saturday, April 17 9 a.m.- 2 p.m. (Instructor Yancy)

**Must be registered by April 9.*

FEE: FM \$60 PM \$80

Monster Float Fest

Monster Float Fest is designed for families to come out and enjoy swimming as a family.

Begins January 8

Fridays: 5:30-7:30 p.m.

Masters Swim Team

Masters swimming is a recreational and competitive swimming program for ages 18 years and older. All ability levels are welcome to enjoy on deck coaching.

August 31-April 23

Monday/Wednesday/Friday 6-7:30 a.m.

FEE: FM \$25 (No program members)

Boy Scout/Girl Scout Swim Testing

If you have a Boy Scout or Girl Scout Troop in need of completing a merit badge you can come to the YMCA and have one of our staff members work with them to complete their requirements. All groups will meet at the YMCA indoor pool to complete their badges.

If you are interested contact Yancy Sannan, Senior Physical Director through email at ysannan@ymcapgh.org.

FEE: FM \$2/child PM \$5/child

