

Aquatic Training Programs

YMCA Arthritis Aquatic Instructor

Time: Fri., 2:30 - 6:30 pm & Sat., 9:00 - 6:30 pm
Fees: Facility Member \$ 100
Program Member \$ 110
Non-Member \$ 120
Current CCY/VHY Staff \$ 20
Pre-requisites: Age 16+, CPR Pro/AED O₂, First Aid, Swim 4 laps (100 yds.) any stroke, Tread water 1 min.
Date: June 10 & 11

YMCA Swim Lesson Instructor includes Swim Instructor Safety Assistant

Time: Fri., 3:30 pm - 9:30 pm & Sat., 12:30 - 6:30 pm
Fees: Facility: \$ 120
Program: \$ 125
Non-Member: \$ 130
Current CCY/VHY Staff: \$ 20
Pre-requisites: Age 16, Current CPR Pro, FA, AED - O₂, YMCA LG or YASA or YISA
Dates: March 4, 11, 18, & 25 (Fridays)
Sep. 9 & 10, 16 & 17 (Friday and Saturdays)

YMCA Stroke Mechanics

Time: 12:30 pm - 7:00 pm
Fees: Facility Member: \$ 60
Program Member \$ 65
Non-Member \$ 70
Current CCY/VHY Staff \$ 20
Pre-requisites: Age 16+, CPR, AED, O₂, FA, YMCA Swim Lessons Instructor
Date: May 21

YMCA Syncro

Time: Fri., 3:30 - 6:30 pm & Sat., 12:30 - 7:00 pm
Fees: Facility Member \$ 65
Program Member \$ 70
Non-Member \$ 75
Current CCY/VHY Staff \$ 20
Pre-requisites: Age 16+, CPR, AED, O₂, FA, YMCA Swim Lessons Instructor
Date: November 4 & 5

YMCA Instructor Training

In 2011, the YMCA will offer aquatic training programs to train instructors. The schedule listed shows class times, dates and fees.

Registration Information

You can register by e-mail, online if CCY member or staff, or registration forms. Forms are required one week in advance.

All classes are at the Crescenta-Cañada Family YMCA



The courses listed in this brochure are offered by the YMCA of the Foothills to train instructors and others water safety.

For more than 50 years, CCYMCA has been teaching swimmers of all ages to be safe in and around the water.

The YMCA is nationally recognized for their commitment to water safety.

Contact Information

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Aquatic Training Schedule 2011



YMCA of the Foothills
1930 Foothill Blvd.
La Cañada Flintridge, CA 91011
www.ymcafoothills.org

Aquatic Training Programs

YMCA on the Guard II, 4th Edition

Time: Saturdays, 12:30 pm - 6:30 pm
 Includes: CPRO, AED, FA & O2
 Fees: Facility: \$ 175
 Program: \$ 185
 Non-Member: \$ 195
 Prerequisites: Age 16
 Dates: Jan. 8 - Feb. 19 | July 9- Aug. 20
 Feb. 26 - April 16 | Sept. 10- Oct. 22
 April 30 - June 11 | Oct. 29- Dec. 10

CPR for the Professional and AED

Time: Saturdays, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 50
 Program: \$ 55
 Non-Member: \$ 60
 Current CCY/VHY Staff (No Charge)
 Dates: Jan. 8 April 30 Sept. 10
 Feb. 26 July 9 Oct. 29

First Aid & Bloodborne Pathogens

Time: Saturdays, 12:30 pm - 4:30 pm
 Fees: Facility: \$ 45
 Program: \$ 50
 Non-Member: \$ 55
 Current CCY/VHY Staff (No Charge)
 Dates: Jan. 15 May 7 Sept. 17
 Mar. 5 July 16 Nov. 5

Lifeguard Recertification

Time: 12:30 pm - 6:30 pm
 Fees: Facility: \$ 25
 Program: \$ 30
 Non-Member: \$ 35
 Current CCY/VHY Staff \$ 20
 Prerequisites: YMCA LG CPR Pro, AED, O2, First Aid
 Dates: Feb. 19 June 18 Oct. 22
 April 16 Aug. 20 Dec. 10



YMCA Lifeguard Crossover

Time: Saturdays, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 50
 Program: \$ 55
 Non-Member: \$ 60
 Current CCY/VHY Staff: \$ 20
 Pre-requisites: Age 16, Current CPRO, FA, AED - O2, ARC LG
 Dates: Jan. 8 & 15 | July 9 & 16
 Feb. 26 & Mar. 5 | Oct. 1 & 8
 April 30 & May 7

YMCA Water Fitness Instructor

Time: Saturdays, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 120
 Program: \$ 130
 Non-Member: \$ 135
 Current CCY/VHY Staff \$ 20
 Prerequisites: Age 18, YMCA LG or YASA, CPR Pro, FA, AED, O2
 Dates: Jan. 22, 29, & Feb. 5

Water Fitness Renewal

Time: 12:30 pm - 6:30 pm
 Fees: Facility: \$ 50
 Program: \$ 55
 Non-Member: \$ 60
 Current CCY/VHY Staff \$ 20
 Prerequisites: YMCA WFI, CPR Pro/AED, O2, First Aid, YMCA LG or YASA
 Dates: Feb. 5

YMCA Active Older Adult Water Fitness Instructor

Time: Fri. & Sat., 9:00 am - 6:00 pm
 Fees: Facility: \$ 100
 Program: \$ 110
 Non-Member: \$ 120
 Current CCY Staff: \$ 20
 Pre-requisites: Age 18, YMCA LG, or YASA, YMCA, Water Fitness Instructor, CPR Pro, FA, AED & O2
 Dates: April 1 & 2

YMCA A.O.A. Water Fitness Instructor Renewal

Time: Saturday, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 50
 Program: \$ 55
 Non-Member: \$ 60
 Current CCY/VHY Staff \$ 20
 Prerequisites: YMCA WFI, AOAI, CPR Pro/AED, O2, First Aid, Y Lifeguard or YASA
 Dates: April 2

YMCA Aquatic Safety Assistant (YASA)

Time: Saturdays, 12:30 pm - 6:30 pm
 Fees: Facility: \$ 50
 Program: \$ 55
 Non-Member: \$ 60
 Current CCY/VHY Staff: \$ 20
 Pre-requisites: Age 14, CPR Pro, FA, AED, & O2
 Dates: Feb. 12 & Feb. 13 | Nov. 19 & 20
 June 25 & 26

American Safety & Health Institute CPR, O2, AED, First Aid Instructor

Time: Fri. & Sat., 9:00 am - 5:00 pm
 Fees: Facility: \$ 120
 Program: \$ 130
 Non-Member: \$ 140
 Current CCY/VHY Staff: \$ 20
 Prerequisites: Age 18, Current ASHI CPR, AED, O2, First Aid or equivalent
 Dates: April 15 & 16

