



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FOR IMMEDIATE RELEASE

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YMCA offers American Red Cross Lifeguard Training Course

Learn Skills. Protect Lives.

Kandiyohi County, March 26, 2019 – The Kandiyohi County Area Family YMCA will offer American Red Cross Lifeguard Training April 14-16. Lifeguard Candidates must be 15 years and older.

The Lifeguard Course covers the skills and knowlegde needed to be an effective lifeguard. Upon successful completion of all skills and written and water tests, a two year certification is issued. The CPR certification issued must be renewed annually.

Register now! To register for the Lifeguard Training Course, stop by the YMCA Welcome Center or register on-line at www.kandiyymca.org. Cost is just \$175. For more information on Lifeguard Training, contact Sarah Ruud at 320-222-9622.

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About the Kandiyohi County Area Family YMCA

The Kandiyohi County Area Family YMCA serves over 4,600 members and more than 2,200 youth each year with an emphasis on Youth Development, Healthy Living and Social Responsibility. At the Kandiyohi County Area Family YMCA strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To learn more, visit our website at www.kandiyymca.org.