



## **Winona Family YMCA**

# **LIFEGUARD & CPR CERTIFICATION SCHOLARSHIPS**

**We are pleased to announce the availability of a limited number of scholarships for Lifeguarding and/or CPR certification courtesy of a grant from Gundersen Health System. These scholarships are intended for individuals with financial need, and are open to YMCA members and community members.**

**For more information visit [www.winonaymca.org](http://www.winonaymca.org)**

**For questions, contact Lisa, [LEngfer@winonaymca.org](mailto:LEngfer@winonaymca.org)**

Scholarships generously provided by: **GUNDERSEN**  
HEALTH SYSTEM®

# Scholarship Information

We are pleased to announce the availability of a limited number of scholarships for Lifeguarding and/or CPR certification courtesy of a grant from Gundersen Health System. These scholarships are intended for individuals with financial need, and are open to YMCA members and community members. Applications will require financial documentation or a statement of non-filing from the IRS, and applied for through our Financial Assistance Program.

Both our CPR/AED/First Aid class and our Lifeguarding class are blended formats, with an online portion that must be completed prior to attending the in-person section of the class. The online portion must be taken on a PC or tablet with a high speed Internet connection. If computer or internet access are a barrier for you, please let us know during the application process.

## **CPR certification details:**

- This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. Allow approximately 2-3 hours to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult & Pediatric First Aid/CPR/AED valid for two years.

## **Lifeguard certification details:**

- This course will prepare you to recognize and care for a variety of land and water emergencies and how to respond to them. This is a blended learning course including an online portion and an instructor-led classroom skill session. Allow approximately 7-8 hours to complete the online portion. The in-person portion will take approximately 20 hours over a weekend. Upon successful completion of this course you will receive a digital certificate for Lifeguarding valid for two years.

## **Lifeguard prerequisites:**

- Must be at least 15 years old
- Swim 300 yards continuously using the breast stroke or front crawl
- Tread water for 2 minutes using only the legs
- Complete a timed retrieval event within 1 minute and 40 seconds:
  - Start in the water and swim 25 yards. Surface dive to a depth of 7-10 feet to retrieve a 10-pound object. Return to the surface and swim on your back to return to the starting point. Exit the water without using a ladder or steps.

**If you are interested, please contact Lisa Engfer at [lengfer@winonaymca.org](mailto:lengfer@winonaymca.org).**

# Apply For a Certification Scholarship

Scholarships for programs, membership and certifications are granted on financial need. Financial need is determined with a formulation using household size and income level. Some scholarships may be limited and granted on a first come first served basis. To apply please follow these steps:

1) Stop at our Member Services Front Desk and pick up a financial assistance application. Applications may also be accessed online at <https://winonaymca.org/financial-assistance> or by scanning this QR code:



If you are a current member already using our Financial Assistance program, and your financial information is current, please email Lisa Engfer at [LEngfer@winonaymca.org](mailto:LEngfer@winonaymca.org) with the subject line: CERTIFICATION SCHOLARSHIP and indicate your interest of which certification you would like to be considered for.

2) Submit your application to the Member Services desk including financial documentation\*. Please be sure the application is complete and write which certification scholarship you would like to be considered for at the top.

\*a current tax form 1040 or IRS Statement of Non-filing is preferred, but other documentation may be accepted. Please see Financial Assistance application and Supplemental Application Form for more information.

Recipients of the certification scholarships will be notified.