

LIFEGUARD

CERTIFICATION COURSE

Union County Family YMCA

This course is designed to give participants the basic skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course offers up-to-date information on how to guard; anticipate and prevent problems; and to take action to help those in need. CPR, First Aid, and AED certifications are included in the cost of the program.

Class Requirements:

***This is a blended course. Participants will be required to complete about eight hours of online study/work.**

- *Age 15 and older
- *Tread water for 2-minutes without hands
- *Swim 100-yards Front Crawl
- *Swim 200-yards combination of Front Crawl and Breast Stroke
- *Retrieve 10 pound brick from deep end of the pool (No goggles)
- *Climb out of the pool without the assistance of a ladder or stairs
- *Course also includes certifications in CPR, First Aid and AED
- *Must attend each day of course classes in selected month

When:

Days: Saturday, December 19 and Sunday, December 20
(must be able to attend both days)
Time: 12pm-7pm both days
Register by December 13th

Cost:

YMCA Members: \$180
Non-Members: \$250
Please note a \$100 non-refundable deposit is due at registration.



For more information contact
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