



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 100-yards Breast Stroke
- *Swim 100-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:

Monday, March 29th and Tuesday, March 30th: 9am-5pm – Register by March 23rd
Saturday, April 17th and Sunday, April 18th: 9am-5pm – Register by April 11th
Friday, May 28th and Saturday, May 29th: 9am-5pm – Register by May 22nd
Saturday, June 5th and Sunday, June 6th: 9am-5pm – Register by May 31st
Saturday, June 19th and Sunday, June 20th: 9am-5pm – Register by June 13th
Saturday, July 10th and Sunday, July 11th: 9am-5pm – Register by July 3rd

**Participants must be able to attend both consecutive days of training.

**Participants only need to attend one set of dates.

Cost:

YMCA Members: \$180

AWAY Members: \$190

Non-Members: \$250

Please note a \$100 non-refundable deposit is due at registration.



For more information contact
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