



LIFEGUARD



# TRAINED TO SAVE LIVES

## UNION COUNTY FAMILY YMCA

### LIFEGUARD CERTIFICATION

#### JUNE

**Saturday, June 4<sup>th</sup> 8am-5pm**

**Sunday, June 5<sup>th</sup> 8am-5pm**

**\*\*Participants must be able to attend all consecutive days of certification class.**

#### 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

### LIFEGUARD RECERTIFICATION

**Saturday, May 14<sup>th</sup> 10am-2pm**

**Saturday, May 21<sup>st</sup> 10am-2pm**

**Saturday, June 18<sup>th</sup> 10am-2pm**

**\*\*Participants must complete the recertification class before their current certifications expire. Once a lifeguard certification expires Red Cross requires participants to complete the full 28 hour Lifeguarding Course.**

### CLASS FEES

#### LIFEGUARD CERTIFICATION CLASS:

**YMCA Members: \$180 AWAY Members: \$180 NON Members: \$260**

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

#### LIFEGUARD RECERTIFICATION CLASS:

**YMCA Members: \$80 AWAY Members: \$80 NON Members: \$80**

Did you know? The YMCA will pay for your lifeguard certification if you work for us!  
Ask your instructor for more info or contact Dave at [dhigh@unioncountyyymca.org](mailto:dhigh@unioncountyyymca.org).



For more information contact Dave at [dhigh@unioncountyyymca.org](mailto:dhigh@unioncountyyymca.org)



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