



LIFEGUARD



# TRAINED TO SAVE LIVES

## UNION COUNTY FAMILY YMCA

### LIFEGUARD CERTIFICATION

#### JULY

**Saturday, July 30<sup>th</sup>: 8am-5pm**

**Sunday, July 31<sup>st</sup>: 8am-5pm**

#### AUGUST

**Saturday, August 20<sup>th</sup>: 8am-5pm**

**Sunday, August 21<sup>st</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



### 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.**

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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937-303-9285 \* [www.unioncountyyymca.org](http://www.unioncountyyymca.org)