



UNION COUNTY FAMILY YMCA

LIFEGUARD CERTIFICATION

January 2023

Saturday, January 14: 8am-5pm and Sunday, January 15: 8am-5pm
OR

February 2023

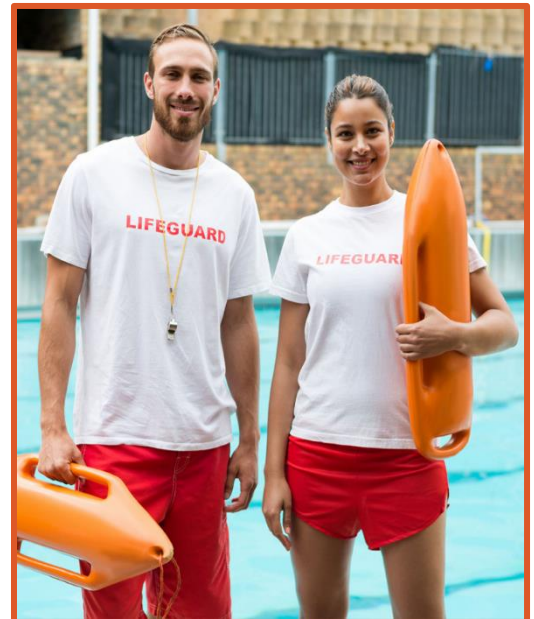
Saturday, February 11: 8am-5pm and Sunday, February 12: 8am-5pm

****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

Sunday, January 15: 2pm-6pm OR

Saturday, February 18: 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.

For more information contact Dave at dhigh@unioncountyyymca.org

CLASS FEES

LIFEGUARD CERTIFICATION CLASS:

YMCA Members: \$195 AWAY Members: \$195 NON Members: \$275

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.

LIFEGUARD RECERTIFICATION CLASS:

YMCA Members: \$95 AWAY Members: \$95 NON Members: \$95

Union County Family YMCA
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www.unioncountyyymca.org

