



LIFEGUARD



# TRAINED TO SAVE LIVES

## UNION COUNTY FAMILY YMCA

### LIFEGUARD CERTIFICATION

#### February 2024

Saturday, February 10: 8am–5pm and Sunday, February 11: 8am–5pm

#### March 2024

Saturday, March 23: 8am–5pm and Sunday, March 24: 8am–5pm

#### April 2024

Saturday, April 13: 8am–5pm and Sunday, April 14: 8am–5pm

#### May 2024

Saturday, May 18: 8am–5pm and Sunday, May 19: 8am–5pm

#### June 2024

Saturday, June 8: 8am–5pm and Sunday, June 9: 8am–5pm

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

### LIFEGUARD RECERTIFICATION

Sunday, January 14: 2pm–6pm **OR**

Saturday, February 17: 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: \$225 AWAY Members: \$225 NON Members: \$300

**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).

#### LIFEGUARD RECERTIFICATION CLASS:

YMCA Members: \$100 AWAY Members: \$100 NON Members: \$125

#### 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

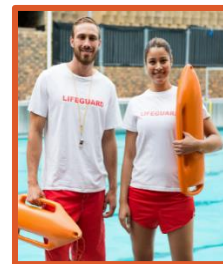
\*Swim 100-yards combination of Front Crawl and Breast Stroke

\*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



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

Union County Family YMCA

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**American  
Red Cross**