





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).

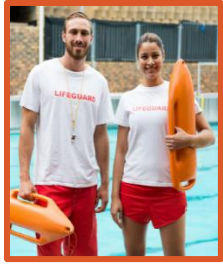
#### LIFEGUARD RECERTIFICATION CLASS:

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)**

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