



UNION COUNTY FAMILY YMCA

LIFEGUARD CERTIFICATION

WHEN

Wednesday, December 27 & Thursday, December 28, 2023

TIME

9am-5pm both days

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

CLASS FEES

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.

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



For more information contact Dave at dhigh@unioncountyyymca.org



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