



LIFEGUARD

CERTIFICATION COURSE

Union County Family YMCA

This course is designed to give participants the basic skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course offers up-to-date information on how to guard; anticipate and prevent problems; and to take action to help those in need. CPR, First Aid, and AED certifications are included in the cost of the program.

Class Requirements:

- *Age 15 and older
- *Tread water for 2-minutes without hands
- *Swim 100-yards Front Crawl
- *Swim 200-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

When:

March 6, 7, & 8/ Register by Thursday, February 27
April 3, 4, & 5/ Register by Thursday, March 26
May 15, 16 & 17/ Register by Thursday May 7
June 12, 13, & 14/ Register by Thursday June 4
Friday skills class: 5:30pm-9pm
Saturday skills class: 10am-6pm
Sunday skills class: 12pm – 6pm

Cost:

YMCA Members: \$180
Non-Members: \$250
Please note a \$100 non-refundable deposit is due at registration.



For more information contact Tracy
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