



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME WHISTLE WORTHY

YMCA OF MONTCLAIR—PARK STREET

ARC Lifeguard Certification Courses

LIFEGUARD PRECOURSE TEST— 15 years or older, successfully complete prior to enrolling in Lifeguard full class offering. \$35

Successful completion of the following skills is required in the Precourse—

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both; swimming on the back or side is not allowed, goggles permitted.
2. Tread water for 2 minutes using legs only.
3. Starting in the water, swim 20 yards, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface and swim 20 yards with legs only and exit the water in 1 minute 40 seconds (goggles are not permitted).

Precourse Test Dates—

- ◆ Wednesday, February 9 @ 7:15pm
- ◆ Wednesday, March 2 @ 7:15pm
- ◆ Wednesday, March 23 @ 7:15pm
- ◆ Wednesday, April 27 @ 7:15pm
- ◆ Wednesday, May 4 @ 7:15pm

LIFEGUARD FULL COURSE—Successful completion of the Lifeguard Precourse Test and 7.5 hours of Blended Learning prior to first day of class, once enrolled link will be sent to the registered participant. Members \$315 & Community Members \$340

Offering 1: Feb. 21 (10am-6pm); February 26-27 (9:30am-6pm)

Offering 2: March 14 & 16 (4-8pm); March 19 & 20 (9:30am-6pm)

Offering 3: April 4 & 6 (5-9pm); April 10 (1-8pm); April 11 & 13 (5-9pm)

Offering 4: May 9 & 11 (5-9pm); May 15 (1-8pm); May 16 & 18 (5-9pm)

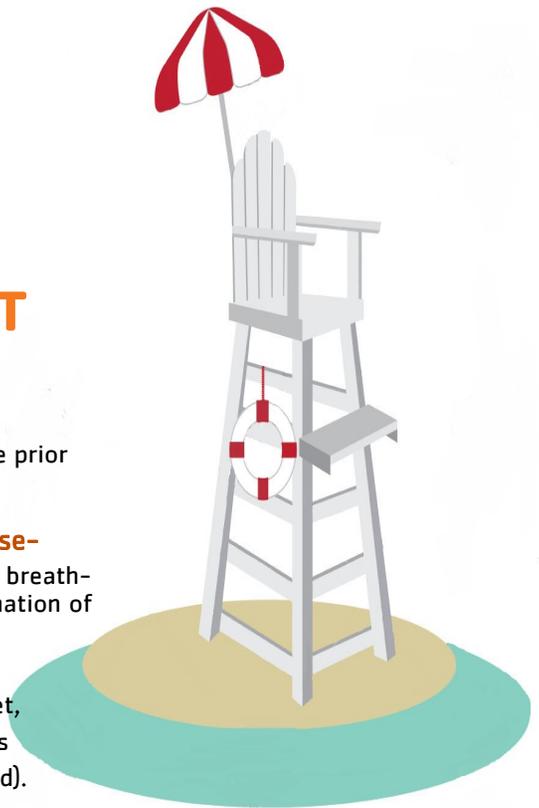
Offering 5: May 18 (4-8pm); May 21 & 22 (9:30-6pm); May 23 (4-8pm)

Participants should bring a whistle/lanyard, resuscitation mask, pen/pencil and paper. Attendance at all scheduled classes is required. \$35 class change fee and no refunds given with less than 48 hours before class start time.

RECERTIFICATION CLASSES—This is to recertify a current ARC Lifeguard. Must show proof of current certification. Precourse is first hour of the class and no refunds for failed precourse or no call/no show participants. Member \$225 Community \$250

Offering 1: April 24 (1-9pm) & April 25 (5-9pm) must attend both days

Offering 2: May 22 (1-9pm) & May 23 (5-9pm) must attend both days.



LIFEGUARD on duty

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