



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN TO SAVE LIVES

YMCA OF MONTCLAIR—PARK STREET

American Red Cross Lifeguard Certification R.24 Class Offerings

LIFEGUARD PRECOURSE TEST— Minimum age 15, must successfully complete before enrolling in a Lifeguard class.

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

1. **Swim-Tread-Swim Sequence:** Jump into the water from the side, totally submerge, recover to the surface and swim 150yards. After swimming 150 yds, maintain position at the surface of the water Tread water for 2 minutes using legs only. After maintaining position at the surface of the water for 2 minutes, swim 50 more yards.
2. **Timed Event**—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 on your back with legs only and exit the water without using a ladder or steps, in 1 minute 40 seconds (goggles are not permitted).

Precourse Test Dates— Fee \$35 (Choose 1 Option below)

- ◆ Tuesday, March 26 @ 7:45pm
- ◆ Wednesday, April 3 @ 7:55pm
- ◆ Tuesday, April 16 & 23 @ 7:45pm
- ◆ Wednesday May 1 @ 7:55pm
- ◆ Thursday, May 16 @ 7:45pm

LIFEGUARD FULL COURSE—Successful completion of the Lifeguard precourse test and 6 hours of blended learning completed before first class, once enrolled in a class the offering link will be sent to the registered participant approx. 10 days prior to class start date.
Members \$340 & Non-Members \$365

Offering 4: April 10, 11 & 12 (9:30am–5pm)

Offering 5: April 15, 17, 19 (5–9pm) & 20 (9:30am–6pm)

Offering 6: April 28, May 5 & 12 (9:30am–6pm)

Offering 7: May 6, 8, 10, 13 & 15 (4:30–9pm)

Offering 8: May 18 & 19 (10am–6pm) May 20 & 22 (5–9pm)

Offering 9: June 1 & 2 (10am–6pm) June 3 & 5 (5–9pm)

Participants should bring a lifeguard hip pack, whistle/lanyard, resuscitation mask, pen/pencil and paper. **Attendance at all scheduled classes is required.** \$50 class change fee and no refunds given with less than 48 hours before class start time, without a Dr's note.

RECERTIFICATION CLASSES— 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 \$250 Non-Members \$275

Dates TBD.....



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