



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN TO SAVE LIVES

YMCA OF MONTCLAIR—PARK STREET

American Red Cross Lifeguard Certification Class Offerings

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

Pre-course Requirements—

1. **Swim-Tread-Swim Sequence:** Jump into the water from the side, totally submerge, recover to the surface and swim 150 yards. 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).

Pre-course Test Dates— Fee \$36 (Choose an option below)

- ♦ Monday, March 24 @ 7:30pm
- ♦ Friday, April 4 or April 25 @ 7:15pm
- ♦ Friday, May 2 @ 7:15pm
- ♦ Friday, May 16 or May 23 @ 8pm

LIFEGUARD FULL COURSE—Successful completion of the Lifeguard

Pre-course 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 \$360 & Non-Members \$375

Offering 4: April 13 (10am–6pm), 14 & 16 (9am–5pm)

Offering 5: May 3, 4 & 10 (9:30a–6pm)

Offering 6: May 11, May 17 & 18 (9:30am–6pm)

Offering 7: May 28, 29, 30 (5–9pm) & June 1 (10am–6pm); June 2 (5–9pm)

Offering 8: June 8 (10am–6pm); June 9 (5–9pm); June 13 (5pm–10pm); June 15 (10am–6pm)

Attendance at all scheduled classes is required. \$50 class change fee prior to 48 hours before class start 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.

Pre-course is first hour of the class and no refunds for failed pre-course or no call/no show participants. Member \$250 Non-Members \$275; bring resuscitation masks, whistle and lanyard.

Course Dates: April 26 (1–6pm) and April 27 (10am–6pm)



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