



TRAIN TO SAVE LIVES

ARC Lifeguard Certification Course



LIFEGUARD PRECOURSE TEST

Required prior to enrolling, minimum age 15.

FEE: \$36 Members and Community Members

DATES:

- Tuesday, March 10 (8pm)
- Monday, March 23 (7:30pm)
- Tuesday, March 31 (8pm)
- Tuesday, April 14 (8pm)
- Friday, May 1 (7:30pm)

Precourse Test Required Skills:

- **Swim-Tread-Swim Sequence:** Jump into the water, totally submerge, recover to the surface and swim 150 yards. Tread water for 2 minutes using legs only. Swim 50 more yards.
- **Timed Event:** Swim 20 yards, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, and swim 20 yards on your back with legs only. Exit the water without using a ladder or steps, in 1 minute 40 seconds (goggles not permitted).

Minimum age 15 on the day of the final scheduled class. Must successfully complete Lifeguard Precourse Test and 6 hours of Blended Learning prior to first day of class, and attend all scheduled days.

LIFEGUARD FULL COURSE

FEE: \$360 Members and Community Members

Offering 2.5: Monday, March 30 (9am-5pm)

Thursday, April 2 (9am-5pm)

Friday, April 3 (9am-5pm)

Offering 3: Friday, April 17 (5-9pm)

Sunday, April 19 (10am-6pm)

Friday, April 24 (5-9pm)

Sunday, April 26 (10am-6pm)

Offering 4: Friday, May 15 (5-9pm)

Saturday, May 16 (10am-6pm)

Sunday, May 17 (10am-6pm)

Monday, May 18 (5-9pm)



No refunds/credits for no shows or cancellations after blended learning has been assigned.

YMCA OF MONTCLAIR

25 Park Street, Montclair, NJ 07042

973-415-6103

mvann@montclairymca.org