



TRAIN TO SAVE LIVES

ARC Lifeguard Recertification Course



Recertification Classes - Prior to registering, participants must send proof of current certification to: mlalli@montclairymca.org

Precourse Test is the first hour of class and no refunds with be issued for a failed precourse.

- **Swim-Tread-Swim Sequence:** Jump into the water from the side, totally submerge, recover to the surface and swim 150 yards. After swimming 150 yards, 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.
- **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 not permitted).

Must complete Blended Learning prior to first day of class, and attend all scheduled days.

LIFEGUARD RECERT COURSE

FEE: Members \$250 | Community Members \$275

Offering 1: Friday, January 30 (5-9pm)
Sunday, February 1 (10am-6pm)

Offering 2: Friday, March 27 (5-9pm)
Sunday, March 29 (10am-6pm)

Participants should bring a whistle/lanyard and adult/infant resuscitation mask.

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

Get certified as a
Lifeguard and
apply to work at
the YMCA

YMCA OF MONTCLAIR

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