



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SAVING LIVES HAS SOME BENEFITS

## Cumberland Cape Atlantic YMCA American Red Cross LIFEGUARDING COURSE



**Do you know how to swim? Want to make a positive impact on the lives of other people? Train to save lives!**

Join us this spring for a Lifeguarding Training Course! Take this class to prepare yourself for a lifeguard position. Participants must pass the Pre-Screening class to register for all scheduled classes. Successful completion of written test and water skills is required for certification. Course includes all the up to date course/materials for Lifeguard, First Aid, CPR and AED certifications.

### PRE-SCREENING SESSION (Must attend to register for Lifeguard course):

**Tuesday, April 24 - begins at 6:45pm (pre-register, please)**

Individuals who complete these prerequisite swimming skills will be permitted to sign up for the Lifeguard Training course. Bring PROOF OF AGE, bathing suit and towel. Must turn 15 years old before the last day of class.

**Fee:**

Facility Members—FREE; Program/Community Members—\$5.00

See reverse side for information about our swimming skills pre-screening test.

### LIFEGUARD COURSE – DATES AND TIMES:

Saturday, April 28	Thursday, May 3	Saturday, May 5	Thursday, May 10	Thursday, May 17	Saturday, May 19	Tuesday, May 22
12:00 pm – 6:00 pm	6:00 pm – 9:30 pm	12:00 pm – 6:00 pm	6:00 pm – 9:30 pm	6:00 pm – 9:30 pm	12:00 pm – 6:00 pm	6:00 pm – 9:30 pm

100 % Attendance required for ALL dates.

Saturday, May 5th—4:00-6:00 pm will be held off site at Holly City Family Center in Millville for deep water

**Class Fee (due by Tuesday, April 24<sup>th</sup>)**

**Facility Members \$250      Program/Non-Members \$285**

\*Manual and pocket mask included in fee. Minimum of 8 participants needed to run course\*

Full participation is required for all that attend, including classroom and pool activities. Classroom activities include reading, study and written assignments. A copy of the most recent Lifeguard Manual will be provided on the first night of class, along with a pocket mask.

Please contact the Member Services Desk, Mary Desjardins —[aquatics@ccaymca.org](mailto:aquatics@ccaymca.org), or Jennifer Helm-helm@ccaymca.org with any questions.



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## Swimming skills pre-screening test:

1. 300 yard continuous swim – breaststroke or front crawl or a combination of both strokes; may use goggles
2. Timed Event – Swim 20 yards, retrieve a 10-pound brick from bottom, and swim 20 yards holding brick with both hands and keeping face at or near the surface so able to get a breath, & exit water without using ladder or steps, without goggles (within 1 minute and 40 secs.).
3. Tread water for 2 minutes using only legs. With hands under armpits

**\*If you pass the pre-screening, you will need to pay the class fee by Tuesday, April 24th**

