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American Red Cross- LIFEGUARD RECERTIFICATION YMCA of Vineland

April 2018 - Lifeguarding, First Aid, & Pro CPR/AED -Recertification

- Recertification for those with a current (not Expired past 30 days) certification card in ARC Lifeguard, First Aid, & Pro CPR/AED training.
- Covers the new 2017 ARC Lifeguard and Pro CPR materials. Includes new 2016 ARC Lifeguarding manual
- Come in prepared to perform all the skills; review your last ARC Lifeguard
- Successful completion of prerequisite swim (see other side), written test and water skills is required for recertification. CPR & FA test on Sat, Apr. 14
- Bring bathing suit, towel, REQUIRED-resuscitation mask(adult and pediatric) and proof of certification.
- Sun, 4/15 training- 10:30 am – 12:30pm will be held off-site at the *Holly City Family Center in Millville.



Sat, April 14, 11:00 am – 2:00pm and

Sun, April 15, 10:30 am – 12:30pm at *Holly City Family Center;

Fee: Facility Member \$150; Program/Non Member \$175

Waterfront Lifeguarding, First Aid & Pro CPR/AED – RECERTIFICATION

- Recertification of Waterfront LG for those with a current (not Expired past 30 days) certification card in ARC Waterfront Lifeguard, First Aid, & Pro CPR/AED training.
- Covers the new 2017 ARC Waterfront Lifeguard and Pro CPR materials.
- Bring bathing suit, towel, REQUIRED-resuscitation mask(adult and pediatric) and proof of certification.
- See above for additional course information

Sat, April 14, 11:00 am – 3:00pm and

Sun, April 15, 10:30 am – 12:30pm at *Holly City Family Center;

Fee: Facility Member \$150; Program/Non Member \$175

Pre-register by Tues, April 10!

*Holly City Family Center -8 E. Mulberry Street, Millville, NJ 08332

Contact Jennifer Helm – helm@ccaymca.org with any questions

YMCA of Vineland
1159 E. Landis Avenue
Vineland, NJ 08360

(856) 691-0030
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Lifeguarding, First Aid, & Professional CPR/AED Recertification

Prerequisite swim skills:

Lifeguarding course or Waterpark Skills module prerequisite skills:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds. ● Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. ● Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. ● Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. ● Exit the water without using a ladder or steps.

Waterfront Skills module prerequisite skills: 1. Swim 550 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles are allowed.

2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds. ● Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. ● Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. ● Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. ● Exit the water without using a ladder or steps.
4. Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.

Revised 2016 Lifeguard Manual:

Released January 2017

Copy will be provided at start of course to registrants.

Contact the Member Service Desk with any questions

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