



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROTECT LIVES

## 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 August for the ARC Lifeguard Training course! This class prepares you for a lifeguard position. Participants must pass the Pre-Screening session to register for the ARC Lifeguard class.

**PREP/PRE-SCREENING SESSION:** (Please Pre-Register; may attend more than 1 day for skills prep help)

**Practice and improve skills and/or complete the pre-screening skills requirement**

**\*\*Students under age 18 must have a parent present at the Y facility to sign the Y Member/User Facility and COVID waiver before attending this program**

**Thurs, August 12 – 5:15pm; Fri, August 13 – 4:00pm**

**Fee per class: FREE- Facility Members    \$2.00 – Program members    \$3.00 – Community members**

**Swimming skills pre-screening test:**

1. 300 yard continuous swim –Freestyle or Breaststroke only; may use goggles
2. Timed Event - Swim 20 yards, Surface dive 7-10 feet, retrieve a 10-pound brick 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

### **ARC LIFEGUARD COURSE – BLENDED LEARNING:**

-Individuals who complete the prerequisite swimming skills are eligible to sign up for the Lifeguard Training course. This is a Blended Learning class and will require online training to be done on a computer or tablet and virtual class sessions on Zoom as well as in person manikin and water rescue skills.

-Successful performance of the above Prescreening skills and be 15 years old.

-Successful completion of assignments, written test, and water skills are required for certification.

Course includes all the up to date course/materials for Lifeguard, First Aid, CPR and AED certifications.

-Classes will meet 4:00 – 9:30pm(approximately) August 16, 17, 19, 30 & 31 for approximately 24 hours of course time. **\*One date will be held** off site at Malaga Camp pool, Delsea Dr, Vineland for deep water skills. 100 % Attendance required for ALL scheduled dates

**Fee LG Cert class: Facility members: \$200.00**

**Program/Community members: \$250.00**

Fee includes ARC LG manual, pocket mask and fanny pack and certification fee

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

