



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROTECT LIVES

Cumberland Cape Atlantic YMCA

American Red Cross -LIFEGUARDING COURSE

Know how to swim? Want to make a positive impact on the lives of other people? Train to save lives!

Join us this May-June for the ARC Lifeguard Training certification course! This class prepares you for a lifeguard position. Participants must have already passed the Pre-Screening session at the Y to register for the ARC Lifeguard class.



ARC LIFEGUARD COURSE- BLENDED LEARNING – June 2 – June 23, 2022

- Individuals who have successfully completed the prerequisite swimming skills at the Y are eligible to sign up for the Lifeguard Training course.
- This is a Blended Learning class and will require students to do online learning/training on their own; will need to be done on a computer or tablet as well as in person manikin and water rescue skills.
- Successful performance of the ARC Lifeguard 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.

Class Sessions

Tuesdays and Thursdays 5:00-9:00pm June 2, 7, 9, 14, 16, 21, and 23, 2022;
(may be subject to change based on deep water pool availability)

- **Classes will meet 7-8 dates** for approximately 24+ hours of course time. ***Two dates will be held offsite** for deep water skills at another pool within 10 miles of the YMCA.
- **100 % Attendance required** for ALL scheduled dates; makeups will be at next Lifeguard class- Fall 2022

Registration Fees

- Facility members: \$200.00
- Program/Community members: \$250.00

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

Please contact Jennifer Helm at helm@ccaymca.org or Mary Desjardins at aquatics@ccaymca.org with any questions.