



Lifeguard Pre-Screen Sessions

**Wed, May 18-6:30-7:15pm; Thur, May 19-7:30-8:15pm;
Sat, May 21—2:00-2:45pm; and/or Mon, May 23, 4:00-4:45pm
Register for 1 or multiple**

Fee per class: Facility Members: Free;

Program members: \$3.00; Community members: \$4.00

****Non Y members under 18 need a parent present at check in to sign YMCA Facility waiver;
allow 15-20 minutes for check in paperwork processing**

**Stop in or give us
a call to register!**

ARC Lifeguard Pre-screening Swim Skills:

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 Waterfront Lifeguard Pre-screening Swim Skills:

1. 550 yard continuous swim - mix of front crawl and/or breaststroke. Use of goggles are permitted. Swimming on back or side is not allowed.
2. Timed Event - Swim 20 yards, surface dive 7-10 feet, retrieve a 10 pound brick and swim 20 yards hold brick with both hands and keeping face at or near the surface so able to get a breath, and exit water without using ladder or steps, without goggles (within one minute and 40 seconds).
3. Tread water for two (2) minutes using only legs. With arm hands under armpits.
4. Swim five (5) yards, submerge and retrieve three (3) dive rings placed five (5) yards apart in 4-7 feet of water, resurface and continue to swim another five (5) yards.

Must successfully complete all pre-screen skills and be 15 years or older to register for Lifeguarding

**Lifeguard Blended Learning Course dates/times: starts Thur, May 26-June 16 2022;
Tues & Thur nights-5:00-9:00pm & Mon, June 6 (20+ hrs in person); subject to change**

Cumberland Cape Atlantic YMCA, 1159 E. Landis Ave, Vineland; Contact Mary- aquatics@ccaymca.org or 856-691-0030, ext. 112
or Jennifer - helm@ccaymca.org or 856-691-0030, ext. 109