



# Lifeguard Pre-Screen Sessions

**Fri, May 6-4:00-4:45pm; Sat, May 7—11:30am-12:15pm;  
Mon, May 9, 4:45-5:30pm; Tues, May 10, 6:00-6:45pm;  
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!**

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

**Lifeguard Blended Learning Course dates and times: starts May 14, 2022;  
Mon, Tues nights-5:00-9:00pm & Sat, 5/14 9:00am - 5:00pm (20+ hrs in person)**

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