



Lifeguard Pre-Screen Session

**Saturday, November 4 @ 12:15pm; Thursday, November 9 @ 1:30pm;
Wednesday, November 15 @ 7:30pm**

Attend 1 or as many dates needed to successfully complete pre screening skills.

Fee per class:

Facility Members: Free; Program members: \$4.00; Community members: \$5.00

***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**

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.

Must successfully complete all pre-screening skills and be 15 years or older to register for Lifeguard Certification classes

ARC Lifeguard Blended Learning Course: October/November 2023 (Online portion and 24+ hours in person)

100% attendance required – includes Saturday classes and weeknight classes

Facility Members: \$200 Program members: \$250; Community members: \$250

For more information please contact:

Mary (Asst. AQ Director): aquatics@ccaymca.org or 856-691-0030, ext. 112

Jennifer (Sr. AQ Director): helm@ccaymca.org or 856-691-0030, ext. 109