



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!

Where else do you get to work in shorts and flip flops?? Join us this Fall for a Lifeguarding Training Course! Take this class to prepare yourself for a lifeguard position. Participants must pass the Pre-Screening class to register for all scheduled classes. 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.

PREP/PRE-SCREENING SESSION: (Please Pre-Register; may attend more than 1 day)

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

Wed, Sept. 4 - 4:30-5:00pm; Sat, Sept. 7-12:00-12:30pm; Wed, Sept. 11 - 4:30-5:00pm; and Sat, Sept. 14 - 8:15-8:45am

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

See other side for the Pre-Screening Swimming skills.

LIFEGUARD COURSE – DATES AND TIMES:

Individuals who complete the prerequisite swimming skills will be permitted 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. Bring PROOF OF AGE, bathing suit and towel. Must turn 15 years old before the last day of class (Sat, October 19).

Saturday, Sept. 21	Friday, Sept. 27	Saturday, Oct. 5	Saturday, Oct. 12	Saturday, Oct. 19
12:00 – 5:00 pm	5:00 – 10:00 pm	12:00 – 5:30pm	12:00 – 5:30pm	12:00 – 5:30pm

100 % Attendance required for ALL dates

One date will be held off site at Holly City Family Center, in Millville for deep water skills (7 miles from the YMCA)

FALL Savings!

Class Fee- payable by Wednesday, September 18
Facility Members \$190 Program/Non-Members \$245

Manual and pocket mask included in fee. Minimum of 6 participants needed to run course

Full participation is required for all that attend, including assignments, classroom, and pool activities. A copy of the most recent Lifeguard Manual, a resuscitation mask, and fanny pack will be provided the first class.

Please contact the Member Services Desk or Mary Desjardins aquatics@ccaymca.org with any questions.



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Swimming skills pre-screening test:

1. 300 yard continuous swim – 100-yard front crawl (with rhythmic breathing), 100 yard breaststroke, 100 yard front crawl or breast; 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

American Red Cross WATERFRONT LIFEGUARDING MODULE

Swimming skills pre-screening test:

1. 550 yard continuous swim – a 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 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 arm hands under armpits.
4. Swim 5 yards, submerge and retrieve 3 dive rings placed 5 yards apart in 4 – 7 feet of water, resurface and continue to swim another 5 yards

Waterfront Lifeguarding Module

The optional Waterfront Lifeguarding Module will be offered in late Spring 2020. Contact us for more information, if you are interested in this additional certification after you are Lifeguarding certified or have a current Lifeguarding certificate for guarding at beaches, lakefronts, bays, and rivers. Pre-screening skills requirement listed above.

There is an additional fee to take this Module.

