



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROTECT LIVES

CUMBERLAND CAPE ATLANTIC YMCA
AMERICAN RED CROSS

LIFEGUARDING R.24 COURSE | **SPRING 2025**



**TRAIN
TO SAVE
LIVES!**

PREP/PRE-SCREENING SESSION:

- Pre-register; may attend more than 1 day, if needed
- Practice and improve skills, or complete the pre-screening skills requirement for upcoming courses
- Required for full lifeguarding course, lifeguarding recertification course, and waterfront course

***Students under age 18 must have a parent present at the Y facility*

FEE PER CLASS:

FREE – Members

\$5.00 – Non-Members

PRE-SCREENING SESSION DATES:

Saturday, February 15
12:15pm (YMCA Block Party)

Thursday, February 20
6:45pm

Saturday, February 22
12:15pm

Tuesday, February 25
6:45pm

Wednesday, March 5
7:30pm

Scan QR Code to see required
PREREQUISITE SWIMMING SKILLS



See side 2
for more
information

Cumberland Cape Atlantic YMCA

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • www.c caymca.org

ARC LIFEGUARD COURSE BLENDED LEARNING:

- Individuals who complete the prerequisite swimming skills are eligible to sign up for the updated Lifeguarding R.24 course. This is a Blended Learning class and will require online training to be done on a computer or tablet and in person manikin and water rescue skills.
- Must be 15 years old by the last day of the scheduled class.
- Successful completion of assignments, written test, and water skills are required for certification.
- Course includes all the ARC R.24 up-to-date course/materials for Lifeguard, First Aid, CPR, and AED certifications.

FEE LIFEGUARD CERT CLASS: Members - \$225
Non-Members - \$275

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

COURSE DATES:

Monday, March 17 5:15 - 9pm
Thursday, March 20 5:15 - 9pm
Saturday, March 22 9am - 4pm
Monday, March 24 5:15 - 9pm
Thursday, March 27 5:15 - 9pm
Saturday, March 29 10am-12pm*

**At Holly City Family Center in Millville for deep end skills*

100 % Attendance required for ALL scheduled dates

Register no later than Wednesday, March 5

ARC LIFEGUARD R.24 RE-CERTIFICATION COURSE

- This course is for those that already have a current American Red Cross Lifeguard certification. Review course updates and perform all the skills from the 2024 Lifeguarding Manual. Must show proof of current certification, and adult and pediatric resuscitation masks (available for purchase).
- Must also complete the prerequisite swimming skills (see dates/time listed at right) to be eligible to sign up for the Lifeguard Recertification Training course.

MUST ATTEND ALL PORTIONS FOR RECERTIFICATION

DATES OPTION 1:

Saturday, March 8
12 - 4pm
at the YMCA of Vineland

Sunday, March 9
*10:30am - 12:30pm and 1:30 - 4pm

Register by Saturday, February 22

DATES OPTION 2:

Friday, April 4
4-8 pm
at the YMCA of Vineland

Saturday, April 5
*10:00am-12:00pm and 1 - 3pm

Register by Saturday, March 15

**At Holly City Family Center in Millville for deep end skills*

FEE LIFEGUARD RE-CERT CLASS:

Members - \$100 Non-Members - \$125

WATERFRONT LIFEGUARDING MODULE

The optional Waterfront Lifeguarding Module will be offered in May/June. Contact us for more information if you are interested in this additional certification after you are Lifeguard certified or have a current Lifeguarding certificate. Certification is for guarding at beaches, lakefronts, bays, and rivers. Pre-screening skills requirement listed on other side of page

FEE: Members - \$60 Non-Members - \$75

SCAN QR CODE



to see required Swimming skills pre-screening test for Waterfront Lifeguarding

Please contact Mary Desjardins at aquatics@ccaymca.org with any questions.

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