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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROTECT LIVES

CUMBERLAND CAPE ATLANTIC YMCA
AMERICAN RED CROSS

LIFEGUARDING R.24 COURSE | **SPRING/SUMMER 2026**



**TRAIN
TO SAVE
LIVES!**

PREP/PRE-SCREENING SESSIONS:

- Pre-register; may attend more than one 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:

Friday, April 24

5:00pm

Saturday, May 2

12:30pm

Tuesday, May 5

6:00pm

Saturday, May 9

12:30pm

Monday, May 11

8:00pm

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.ccaymca.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 - \$275
Non-Members - \$325

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

COURSE DATES:

Friday, May 29 5:00-10:00pm
Saturday, May 30 12:00-6:00pm
Tuesday, June 2 5:00-10:00pm
Thursday, June 4 5:00-10:00pm
Tuesday, June 9 5:00-10:00pm
Sunday, June 14 10:30am-12:30pm
Tuesday, June 16 5:00-7:30pm

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

100% Attendance required for ALL scheduled dates

Register no later than Monday, May 11

WATERFRONT LIFEGUARD MODULE

MUST ATTEND ALL PORTIONS FOR CERTIFICATION

■ This course is for those that already have a current American Red Cross Lifeguard certification. Must show proof of current certification, and adult and pediatric resuscitation masks (available for purchase). Certification is for guarding at beaches, lakefronts, bays, and rivers.

■ Must also complete the prerequisite swimming skills (see dates/time listed on the front) to be eligible to sign up for the Waterfront Lifeguard Module.

DATES:

Friday, June 5
5:30-9:30pm
at the YMCA of Vineland

Saturday, June 6
1:30-6:00pm

Inclement Weather Date:
Sunday, June 7 *8:30am-1:00pm

**At Camp Merrywood*

FEE WATERFRONT LIFEGUARD MODULE: Members - \$85
Non-Members - \$100

Register by Monday, June 1

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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