



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROTECT LIVES

## CUMBERLAND CAPE ATLANTIC YMCA AMERICAN RED CROSS

### LIFEGUARDING R.24 COURSE | FALL 2024

This class prepares you for a lifeguard position. Starting at age 15, American Red Cross Lifeguarding R.24 will give you the skills you need to be a leader in the aquatics area. NEW 2024 course materials and curriculum

#### 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

\*\*Students under the age of 18 must have a parent present at the Y facility to sign the Y Member/User Facility waiver before attending this program. Birth certificate may be required.

#### PRE-SCREENING SESSION DATES:

Saturday, October 26 – 12:15pm

Saturday, November 2 – 12:15pm

Tuesday, November 5 – 3:30pm

Wednesday, October 30 – 7:30pm

Monday, November 4 – 7:30pm

November 5th is the last day to register for the November 11th Lifeguarding course.

#### FEE PER CLASS:

Facility members: FREE

Program members: \$4.00

Community members: \$5.00



**PREREQUISITE SWIMMING SKILLS** needed to pass the pre-screening test for updated ARC Lifeguarding R.24 Course:

- 1. Swim-tread-swim sequence without stopping to rest:**  
includes jumping into water and totally submerging, swimming 150 yards, 2 minutes of treading only using legs, swimming an additional 50 yards; may use goggles; must be completed with either front crawl or breaststroke –swimming on back and side are not permitted.
- 2. Timed Event:** Swim 20 yards, Surface dive 7-10 feet, retrieve a 10-pound brick and swim 20 yards holding the brick with both hands and keeping face at or near the surface so able to get a breath, and exit water without using ladder or steps, without goggles (within 1 minute and 40 secs.).

**Cumberland Cape Atlantic YMCA**

See side 2 for more information

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • [www.ccaymca.org](http://www.ccaymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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. (November 25th)
- 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.

**100 % Attendance**  
is required for ALL scheduled dates

### COURSE DATES:

Monday, November 11 - 5:30-9:00pm

Thursday, November 14 - 5:30-9:00pm

Monday, November 18 - 5:30-9:00pm

Thursday, November 21 - 5:30-9:00pm

Saturday, November 23 - 9:30am-4:00pm

Sunday, November 24 - 10:30am-3:30pm

(class time will be split between Holly City Family Center & CCAYMCA)

## REGISTER NO LATER THAN TUESDAY, NOVEMBER 5<sup>TH</sup>

Thursday, November 7th - Email with ARC Lifeguarding R.24 eLearning will be sent to those registered by Tuesday, November 5th.

Scan QR code  
for Lifeguard  
Course info  
& pre-screening  
dates.



### FEE ARC LIFEGUARDING COURSE:

Facility members: \$210.00    Program/Community members: \$260.00

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

Please contact Mary Desjardins at [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org) with any questions.

**Cumberland Cape Atlantic YMCA**

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • [www.ccaymca.org](http://www.ccaymca.org)