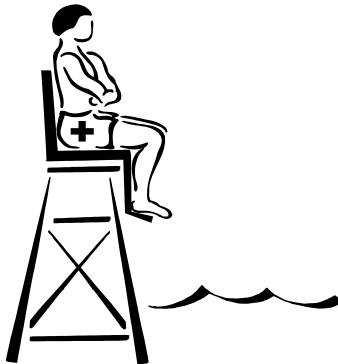


AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

This course teaches individuals to prevent and respond to aquatic emergencies as a certified lifeguard. It also includes first aid and CPR/AED for the Professional Rescuer certifications. It is required for employment as a lifeguard.



Requirements:

- Candidates must be at least 15 years of age on or before the last scheduled day of the course. Proof of age required.
- Be able to demonstrate specific skills in a pre test including swim 300 yards continuously and retrieve a 10 pound object from 9 feet deep.
- Participants must be able to attend class and water sessions and pass various written and skills tests.

Course Pre Test and start date: March 21st 10am-12noon

Course dates:

Mondays & Tuesdays from 6:45-9pm at YMCA for CPR, First Aid, and Lifeguard

Training class sessions: March 22, 23, 29, 30, April 5, 6, 12, 13, 19, 26, 27, May 3, 4, 10

Sundays, 10am-12noon at Cook College Pool for Lifeguard Training water skills:

March 21, 28, April 11, 18, May 2, 9

\$300 YMCA Members, \$360 Non Members

Cost includes all manuals, pocket mask and certification card fees

To register please contact: **The Raritan Valley YMCA**
144 Tices Lane, East Brunswick, NJ 08816 (732) 257-4114
www.raritanvalleyymca.org

