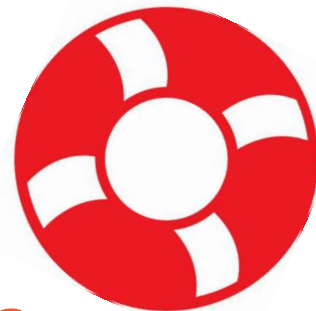




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# LIFE SAVING SKILLS

## Lifeguard Certification Course

Through classroom learning and hands-on practice in and out of the water, you'll learn: Surveillance skills to help you recognize and prevent injuries, rescue skills - in the water and on land, first aid training and professional rescuer CPR with AED.

### WHEN

The required Pre-Test will be held **Monday, 6/5 between 4:00 and 5:00pm**

**After the Pre-Test is passed, you may register for a full course:**

**Thursday, 6/8** from 4:00-8:00pm

**Thursday, 6/15** from 4:00-8:00pm

**Friday, 6/9** from 4:00-8:00pm

**Friday, 6/16** from 4:00-8:00pm

**Students must attend all four scheduled classes, there are no make-ups**

### WHERE

Oceanport Pool Club  
450 Port au Peck Ave, Oceanport, NJ

### COST

Members: \$250, Non-Members: \$325

Course fees include American Red Cross Lifeguarding, First Aid, CPR & AED, as well as a resuscitation mask. Student manual can be downloaded online at [www.redcross.org](http://www.redcross.org) or can be purchased at Oceanport Pool Club for an additional fee, while supplies last.

### CONTACT

For information please call Jaimie Hinshelwood at [jhinshelwood@cymca.org](mailto:jhinshelwood@cymca.org) or by calling 732.741.2504, ext. 211

## THE COMMUNITY YMCA

Family Health & Wellness Center

166 Maple Avenue  
Red Bank, NJ 07701

P. 732.741.2504  
[aquatics@cymca.org](mailto:aquatics@cymca.org)

[TheCommunityYMCA.org](http://TheCommunityYMCA.org)



**Here for all.**

Financial assistance is offered  
based on availability of funds.