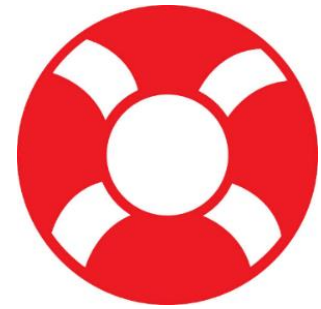




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LIFEGUARD RE-CERTIFICATION COURSES

The purpose of the American Red Cross Lifeguard Re-Certification Course is for current lifeguards to get re-certified in American Red Cross Lifeguarding, CPR/AED, and First Aid. For successful completion of the course, students must perform the pre-test skills, demonstrate competency in all required skills, and pass the final written exams with a minimum grade of 80 percent.

The pretest skills consist of swimming 300 yards, treading water for two minutes, and retrieving a 10-pound brick from the deep end of the pool. Registration is completed in person at the Welcome Center. All classes will take place at the Red Bank Family YMCA.

March 2019 Re-certification Course:

CLASS DATE:

-Sunday, March 31 from 10am-3pm

June 2019 Re-certification Course:

CLASS DATE:

-Sunday, June 2 from 10am-3pm

COST: \$165

A student manual can be downloaded online at www.redcross.org.

CONTACT:

For more information, contact Caterina Powell at cpowell@cymca.org or 732.741.2504 ext. 223.

THE COMMUNITY YMCA

RED BANK FAMILY YMCA

166 Maple Avenue

Red Bank, NJ 07701

P. 732.741.2504

cpowell@cymca.org

TheCommunityYMCA.org

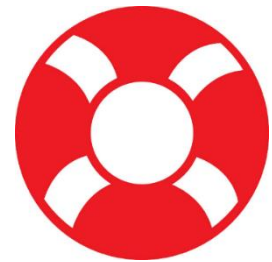


Here for all.

Financial assistance is offered
based on availability of funds.



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LIFEGUARD CERTIFICATION COURSES

Through videos, group discussion and hands-on practice, you'll learn team work, rescue and surveillance skills, First Aid and CPR/AED, and other skills you'll need to work as a professional lifeguard. You will receive a two-year First Aid and CPR/AED certification, a two-year Lifeguarding certification, and a resuscitation mask. You must be at least 15 years old to participate.

There will be a require pretest. The pretest consists of swimming 300 yards, treading water for two minutes, and retrieving a 10-pound brick from the deep end of the pool. After the pretest is passed, you may register for a full course. Registration is completed in person at the Welcome Center. All classes, including the pretest, will take place at the Red Bank Family YMCA.

March 2019 Full Course:

MANDATORY PRETEST:

-Friday, March 1 from 4:30-5:30pm

FULL COURSE DATES:

-Sunday, March 3, 10, 17 from 10am-3pm

-Sunday, March 24 from 11am-3pm

April 2019 Full Course:

MANDATORY PRETEST:

-Friday, April 5 from 4:30-5:30pm

FULL COURSE DATES:

-Sunday, April 7, 14 from 9am-4pm

-Sunday, April 28 from 11am-3pm

May 2019 Full Course:

MANDATORY PRETEST:

-Tuesday, May 14 from 4-5pm

FULL COURSE DATES:

-Tuesday, May 21, 28 from 4-9pm

-Thursday, May 23, 30 from 4-9pm

Class attendance is MANDATORY on all scheduled dates. There are NO make-ups.

COST: \$350 (includes the \$10 pretest fee)

A student manual can be downloaded online at www.redcross.org.

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