



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A DIFFERENCE SAVE A LIFE

LIFEGUARD TRAINING

American Red Cross
Lifeguard Training at the
Princeton Family YMCA.

COURSE DATES: May 5th-14th

COST: Members-\$250

General Public- \$300

CLASS TIMES:

May 5th: 6:30pm-9:30pm

May 6th & 7th: 9:00am-5:00pm

May 13th & 14th: 9:00am-5:00pm

ATTENDANCE IS MANDATORY AT ALL CLASS SESSIONS!



All participants must be 15 years old by the last day of class (May 14, 2017) and pass a prerequisite swimming test prior to beginning the course. Test consists of:

- 300 yard swim using freestyle or breaststroke only
- Tread water 2 minutes using legs only
- Swim 20 yards, retrieve object from 7 feet deep water, and swim back to start within 1 minute 40 seconds.

Register at the membership desk or by calling 609.497.9622.

JUSTIN CLOUD
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PRINCETON FAMILY YMCA
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