



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A DIFFERENCE SAVE A LIFE

LIFEGUARD TRAINING

American Red Cross Lifeguard Training

COURSE DATES: Dec. 5, Dec. 14 - Dec. 16

COST: YMCA Members - \$250

General Public - \$300

CLASS TIMES:

Dec. 5 - 6:30pm-9:00pm

Dec. 14 - 6:00pm-9:00pm

Dec. 15 - 9:00am-4:00pm

Dec. 16 - 9:00am-5:30pm



ATTENDANCE IS MANDATORY AT ALL CLASS SESSIONS!

This is a blended learning course, which involves the completion of an online portion by the first classroom session on Dec. 14. Details will be provided on Dec. 5

All participants must be 15 years old by the last day of class (Dec. 16, 2018)

All participants must pass a prerequisite swimming test conducted on Dec. 5 from

6:30pm to 9:00pm. 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 ext. 223

TONOYA SHETH

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PRINCETON FAMILY YMCA

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