



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A DIFFERENCE SAVE A LIFE

LIFEGUARD TRAINING

American Red Cross Lifeguard Training

COURSE DATES: May 11 - June 2

COST: YMCA Members - \$275

General Public - \$325

CLASS DAYS AND TIMES:

May 11 - Saturday - 7:00pm-7:45pm (Prerequisite Swim Test)

May 17 - Friday - 5:30pm-9:30pm

May 18 - Saturday - 2:00pm-7:00pm

May 19 - Sunday - 10:00am-6:00pm

May 31 - Friday - 5:30pm-9:30pm

June 1 - Saturday - 2:00pm-7:00pm

June 2 - Sunday - 10:00pm-6:00pm



ATTENDANCE IS MANDATORY AT ALL SESSIONS!

All participants must be 15 years old by the last day of class (June 2, 2019)

Participants must bring bathing suits and towels to each class.

All participants must pass a prerequisite swimming test conducted on May 11th from 7:00pm to 7:45pm.

Prerequisite Swim Test consists of:

- 300 yard swim using freestyle or breaststroke only
- Tread water 2 minutes using legs only
- Swim 20 yards, retrieve 10lb object from 7 feet deep water, and swim back to start within 1 minute 40 seconds.

**Register at our Membership Desk or email Tonoya at
tsheth@princetonymca.org**