



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A DIFFERENCE SAVE A LIFE

LIFEGUARD CERTIFICATION

COURSE DATES: Oct. 23, 24, 25 + Online Learning

COST (Non-refundable):

Full Facility Members - \$115

Program Members - \$140

General Public - \$185

CLASS DAYS AND TIMES:

Oct. 23 - Friday 5:00pm- 9:30pm

Oct. 24 - Saturday 2:00pm-8:00pm

Oct. 25 - Sunday 2:00pm-8:00pm



ATTENDANCE IS MANDATORY AT ALL SESSIONS!

**THERE IS REQUIRED ONLINE MATERIAL
TO COMPLETE PRIOR TO THE FIRST IN-PERSON DAY OF CLASS**

All participants must be 15 years old by the last day of class (Oct. 25, 2020)

Participants must bring bathing suits and towels to each class.

Participants can expect to be in the pool all three days

All participants must pass a prerequisite swimming test during the first session

Prerequisite Swim Test consists of:

- 300 yard continuous swim using freestyle or breaststroke only
- Tread water for 2-minutes using legs only
- Swim 20 yards, retrieve 10lb object from 10 feet deep water, and swim back to start

Register Online or through our Membership Desk

DIRECTOR OF AQUATICS
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PRINCETON FAMILY YMCA
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