

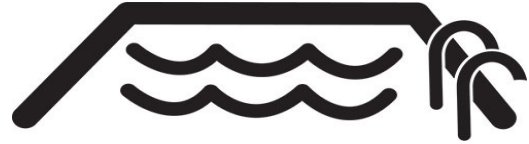


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Lifeguard Classes 2017-2018 YMCA OF MIDDLETOWN

For more information please contact Danielle McAvinue at:
(P) 845 956 1549 or (E) dmcavinue@middletownymca.org



Lifeguard Training

- Must be 15 by the last day of the class
- Must be able to swim 300 yards with your face in the water, retrieve 10 pound object from 7 feet of water, swim 20 yards on your back with the object in your hand, and tread water for 2 minutes
- All classes must be attended (NO EXCEPTIONS)
- Please be on time for all class sessions
- Upon successful completion certification will include: Lifeguarding, CPR, AED, and First Aid.

Lifeguard Recertification

- Must bring current certification
- CPR, AED, and first aid are included in this class.
- Must be able to swim 300 yards with your face in the water, retrieve 10 pound object from 7 feet of water, swim 20 yards on your back with the object in your hand, and tread water for 2 minutes
- All classes must be attended (NO EXCEPTIONS)
- Please be on time for all class sessions
- Upon successful completion certification will include: Lifeguarding, CPR, AED, and First Aid.

Course Number	Course Name	Course Date	Schedule	YMCA Member Fee	Program Member Fee
1	Lifeguard Recertification	Oct 9	10:00am-6:00pm	\$150	\$200
3	Lifeguard Training Must attend all sessions	Oct 17, 18, 19, 20 & Oct 21	5:00pm-10:00pm 10:00am-6:00pm	\$325	\$375
5	Lifeguard Recertification	Nov 1 & 2	6:00pm-10:00pm	\$150	\$200
7	Lifeguard Recertification	Dec 17	10:00am-6:00pm	\$150	\$200
9	Lifeguard Training Must attend all sessions	Dec 26, 27, 28 & 29	10:00am-6:00pm	\$325	\$375
11	Lifeguard Recertification	Jan 9 & 10	6:00pm-10:00pm	\$150	\$200
13	Lifeguard Recertification	Feb 4	10:00am-6:00pm	\$150	\$200
15	Lifeguard Recertification	March 10	10:00am-6:00pm	\$150	\$200
17	Lifeguard Training Must attend all sessions	March 26, 27, 28 & 29	10:00am-6:00pm	\$325	\$375
19	Lifeguard Recertification	April 8	10:00am-6:00pm	\$150	\$200

See reverse side for additional classes and the registration form.

21	Lifeguard Recertification	April 14	10:00am-6:00pm	\$150	\$200
23	Waterfront Lifeguarding Must be a current Lifeguard	May 6	10:00am-1:00pm	\$100	\$150
25	Lifeguard Recertification	May 8 & 9	6:00pm-10:00pm	\$150	\$200
27	Lifeguard Recertification	May 19	10:00am-6:00pm	\$150	\$200
29	Lifeguard Training Must attend all sessions	May 20 & May 21, 22, 23 & 24	10:00am-6:00pm 5:00pm-10:00pm	\$325	\$375
31	Lifeguard Recertification	June 3	10:00am-6:00pm	\$150	\$200
33	Lifeguard Training Must attend all sessions	June 5, 6, 7, 8 & June 9	5:00pm-10:00pm 10:00am-6:00pm	\$325	\$375
35	Waterfront Lifeguarding Must be a current Lifeguard	June 10	10:00am-1:00pm	\$100	\$150
37	Lifeguard Recertification	June 16	10:00am-6:00pm	\$150	\$200
39	Lifeguard Recertification	June 23	10:00am-6:00pm	\$150	\$200

American Red Cross Courses - Registration Form

Course Name _____ Course Number _____

NAME _____ D.O.B. _____ STUDENTS PHONE _____

PAYMENT TYPE _____ CHECK # _____ CREDIT CARD # _____ EXP _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PARENT/LEGAL GUARDIAN _____ EMERGENCY PHONE _____

I understand that I will only receive 50% of the course cost if the YMCA is not notified of cancelation 7 days prior to the start date. Refunds are not available once the class begins. (Initials) _____

I understand that all pre requisite swim tests will be given on the first day of class and I must pass them in order to participate in Lifeguarding and WSI classes. (Initials) _____

Please mail the registration form to:
YMCA OF MIDDLETOWN
ATTN: Danielle McAvinue
81 Highland Avenue
Middletown, NY 10940