

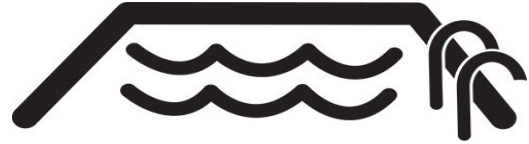


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Lifeguard Classes 2018-2019 YMCA OF MIDDLETOWN

For more information please contact Danielle McAvinue at:  
(P) 845 956 1549 or (E) [dmcavinue@middletownymca.org](mailto: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	Nov 23	10:00am-7:00pm	\$150	\$200
3	Lifeguard Recertification	Dec 16	10:00am-7:00pm	\$150	\$200
5	Lifeguard Training <b>Must attend all sessions</b>	Dec 26, 27, 28 & 29	10:00am-6:00pm	\$325	\$375
7	Lifeguard Recertification	Jan 9 & 10	5:00pm-10:00pm	\$150	\$200
9	Lifeguard Recertification	March 31	10:00am-7:00pm	\$150	\$200
11	Lifeguard Recertification	April 6	10:00am-7:00pm	\$150	\$200
13	Lifeguard Recertification	April 14	10:00am-7:00pm	\$150	\$200
15	Lifeguard Training <b>Must attend all sessions</b>	April 15, 16, 17 & 18	10:00am-6:00pm	\$325	\$375
17	Waterfront Lifeguarding <b>Must be a current Lifeguard</b>	May 4	10:00am-1:00pm	\$100	\$150
19	Lifeguard Recertification	May 8 & 9	5:00pm-10:00pm	\$150	\$200

See reverse side for additional classes and the registration form.

21	Lifeguard Training <b>Must attend all sessions</b>	May 14, 15, 16, 17 May 18	5:00pm-10:00pm 10:00am-7:00pm	\$325	\$375
23	Lifeguard Recertification	May 19	10:00am-7:00pm	\$150	\$200
25	Lifeguard Recertification	June 9	11:00am-8:00pm	\$150	\$200
27	Lifeguard Training <b>Must attend all sessions</b>	June 2 June 3, 4, 5, 6	11:00am-8:00pm 5:00pm-10:00pm	\$325	\$375
29	Waterfront Lifeguarding <b>Must be a current Lifeguard</b>	June 10	6:00pm-9:00pm	\$100	\$150
31	Lifeguard Recertification	June 22	10:00am-7:00pm	\$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) \_\_\_\_\_

I understand that If I do not pass the pre-requisite course a \$50 processing fee will be deducted from my refund. (initials) \_\_\_\_\_

**Please mail the registration form to:**  
 YMCA OF MIDDLETOWN  
 ATTN: Danielle McAvinue  
 81 Highland Avenue