



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



American Red Cross Lifeguard Classes 2022-2023

YMCA OF MIDDLETOWN

81 Highland Avenue, Middletown, NY 10940



BLENDED LEARNING: Students must attend all in-person sessions. Students registered for a Lifeguard Training class receive links to the online portion of the course following the first in-person session. Students taking the Lifeguard Recertification course receive a link to complete the online learning requirements prior to the first in-person session.

For more details contact the Aquatics Department at (P) 845 956 1549 or (E) middletownaquatics@middletownymca.org

Lifeguard Training

- Must be 15 by the last day of the class.
- Must be able to accomplish the following skills:
 - * 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
 - * Tread water for 2 minutes
- All classes must be attended (NO EXCEPTIONS).
- 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 accomplish the following skills:
 - * 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
 - * Tread water for 2 minutes
- All classes must be attended (NO EXCEPTIONS).
- Be on time for all class sessions
- **Upon successful completion, certification will include: Lifeguarding, CPR, AED, and First Aid.**

Course Name	Course Date	Schedule	YMCA Member Fee	Program Member Fee
Lifeguard Recertification	December 7 & 8	Dec 7: 6pm-9pm Dec 9: 5pm-9pm	\$175	\$225
Lifeguard Recertification	January 11 & 12	Jan 11: 6pm-9pm Jan 12: 5pm-9pm	\$400	\$450
Lifeguard Recertification	March 22 & 23	March 22: 6pm-9pm March 23: 5pm-9pm	\$175	\$225
Lifeguard Training	April 1-5	April 1: 1pm-5pm April 2: Online (Approx. 7hrs.) April 3 & 4: 10am-3pm April 5: 10am-4pm	\$400	\$450
Lifeguard Training	May 3-7	May 3: 6pm-9pm May 4: Online (Approx. 7hrs.) May 5: 5pm-9pm May 6: 11pm-6pm May 7: 11am-5pm	\$400	\$450
Waterfront Training Must bring current Lifeguard certification.	May 19	5pm-7pm	\$125	\$175
Lifeguard Recertification	May 24 & 25	May 24: 6pm-9pm March 25: 5pm-9pm	\$175	\$225
Lifeguard Training	June 5-10	June 5: 6pm-9pm June 6: Online (Approx. 7hrs.) June 7-9: 5pm-9pm June 10: 11am-4pm	\$400	\$450

HOW TO REGISTER:

[CLICK HERE TO REGISTER ONLINE](#) or complete the registration form on next page and return it along with payment to the YMCA.



**American Red Cross Courses - Registration Form
YMCA OF MIDDLETOWN**

Course Name _____ Course Date _____

STUDENT'S NAME _____ D.O.B. _____ PHONE _____

STUDENT'S EMAIL (Please Print Neatly) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

If student is under 18:

PARENT'S/LEGAL GUARDIAN'S NAME _____ PHONE _____

I understand that I will only receive 50% of the course cost if I fail to notify the YMCA of cancelation at least 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 in-person session of the class and I must pass them in order to participate in Lifeguarding and WSI classes. (Initials) _____

I understand that if I fail to pass the pre-requisite course requirements or fail to pass the course, a 50% refund will be issued. (Initials) _____

I am aware that when I enter the YMCA for in-person portions of the course, I will be required to complete and sign a participation waiver. (Initial) _____

STUDENT'S SIGNATURE _____ DATE _____

If student is under 18:

PARENT'S/LEGAL GUARDIAN'S SIGNATURE _____ DATE _____

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American Red Cross CPR Classes 2022-2023

YMCA OF MIDDLETOWN

81 Highland Avenue, Middletown, NY 10940

BLENDED LEARNING: Students must attend all in-person sessions and will receive a link to complete approximately 3 hours of online learning prior to the first in-person session.

For more details contact the Aquatics Department at (P) 845 956 1549 or (E) middletownaquatics@middletownymca.org

Course Name	Course Date	Schedule	YMCA Member Fee	Program Member Fee
CPR for the Professional Rescuer w/First Aid	November 15	6pm-9pm	\$150	\$200
CPR Recertification Must bring current certification.	December 7	6pm-9pm	\$125	\$175
CPR Recertification Must bring current certification.	January 11	6pm-9pm	\$125	\$175
CPR for the professional with First Aid	January 19	6pm-9pm	\$150	\$200
CPR Recertification Must bring current certification.	March 22	6pm-9pm	\$125	\$175
CPR Recertification Must bring current certification.	May 24	6pm-9pm	\$125	\$175

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Course Name _____ Course Date _____

STUDENT'S NAME _____ D.O.B. _____ PHONE _____

STUDENT'S EMAIL (Please Print Neatly) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

If student is under 18:

PARENT'S/LEGAL GUARDIAN'S NAME _____ PHONE _____

I understand that I will only receive 50% of the course cost if I fail to notify the YMCA of cancelation at least 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 in-person session of the class and I must pass them in order to participate in Lifeguarding and WSI classes. (Initials) _____

I understand that if I fail to pass the pre-requisite course requirements or fail to pass the course, a 50% refund will be issued. (Initials) _____

I am aware that when I enter the YMCA for in-person portions of the course, I will be required to complete and sign a participation waiver. (Initial) _____

STUDENT'S SIGNATURE _____ DATE _____

If student is under 18:

PARENT'S/LEGAL GUARDIAN'S SIGNATURE _____ DATE _____

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