



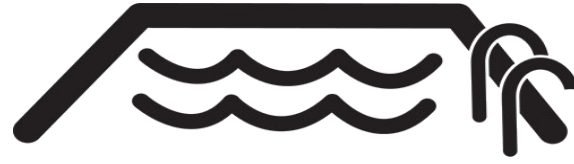
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# American Red Cross Lifeguard Classes 2022-2023

**SOUTH ORANGE FAMILY YMCA**

45 Gilbert Street Extension, Monroe, NY 10950



**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 Melissa Gillespie at (P) 845 395 1016 or (E) mag@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 Training	November 10-14	Nov 10: 5:30pm-8:30pm Nov 11: Online (Approx. 7hrs) Nov 12 & 13: 10am-5pm Nov 14: 6pm-9pm	\$400	\$450
Lifeguard Recertification	November 19	8am-3pm	\$175	\$225
Lifeguard Recertification	December 3	8am-3pm	\$175	\$225
Lifeguard Training	December 26-30	Dec 26: 10am-3:30pm Dec 27: Online (Approx. 7hrs) Dec 28-30: 10am-3:30pm	\$400	\$450
Lifeguard Recertification	January 7	8am-3pm	\$175	\$225
Lifeguard Recertification	February 11	8am-3pm	\$175	\$225
Lifeguard Training	February 20-24	Feb 20: 10am-3:30pm Feb 21: Online (Approx. 7hrs) Feb 22-24: 10am-3:30pm	\$400	\$450
Lifeguard Recertification	March 4	8am-3pm	\$175	\$225
Lifeguard Recertification	April 15	8am-3pm	\$175	\$225
Lifeguard Training	April 22, 23, 28, 29 & 30	April 22: 9am-3pm April 23: Online (Approx. 7hrs) April 28: 5:30pm-8:30pm April 29 & 30: 9am-3pm	\$400	\$450
Lifeguard Recertification	May 20	8am-3pm	\$175	\$225
Lifeguard Training	June 3-4 & 9-11	June 3: 9am-3pm June 4: Online (Approx. 7hrs) June 9: 5:30pm-8:30pm June 10 & 11: 9am-3pm	\$400	\$450
Lifeguard Recertification	June 24	8am-3pm	\$175	\$225

**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  
SOUTH ORANGE FAMILY YMCA**

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 \_\_\_\_\_

**SOUTH ORANGE FAMILY YMCA**

45 Gilbert Street Extension  
Monroe, NY 10950  
(P) 845 782 9622



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## American Red Cross CPR Classes 2022-2023

**SOUTH ORANGE FAMILY YMCA**

45 Gilbert Street Extension, Monroe, NY 10950

**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 Melissa Gillespie at (P) 845 395 1016 or (E) [mag@middletownymca.org](mailto:mag@middletownymca.org)

Course Name	Course Date	Schedule	YMCA Member Fee	Program Member Fee
CPR Recertification <b>Must bring current certification.</b>	October 1	8am-11am	\$125	\$175
CPR Recertification <b>Must bring current certification.</b>	November 19	8am-11am	\$125	\$175
CPR Recertification <b>Must bring current certification.</b>	December 3	8am-11am	\$125	\$175
CPR Recertification <b>Must bring current certification.</b>	January 7	8am-11am	\$125	\$175
CPR Recertification <b>Must bring current certification.</b>	January 21	9am-12pm	\$125	\$175
CPR Recertification <b>Must bring current certification.</b>	February 11	8am-11am	\$125	\$175
CPR Recertification <b>Must bring current certification.</b>	March 4	8am-11am	\$125	\$175
CPR Recertification <b>Must bring current certification.</b>	April 15	8am-11am	\$125	\$175
CPR Recertification <b>Must bring current certification.</b>	May 20	8am-11am	\$125	\$175
CPR Recertification <b>Must bring current certification.</b>	June 24	8am-11am	\$125	\$175

**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 \_\_\_\_\_

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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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[www.middletownymca.org/south-orange-family-ymca](http://www.middletownymca.org/south-orange-family-ymca)