



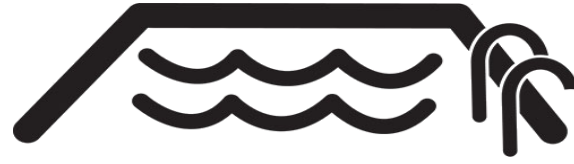
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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(s)	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 17, 18, 24 & 25	June 17: 9am-4pm June 18: Online (Approx. 7hrs) June 24: 9am-3pm June 25: 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

www.middletownymca.org



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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

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

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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