

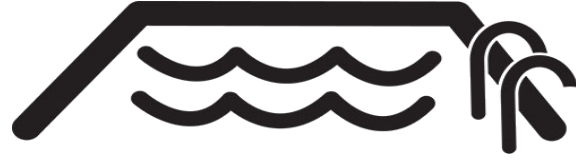


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

American Red Cross Lifeguard Classes 2023-2024

YMCA OF MIDDLETOWN

81 Highland Avenue, Middletown, NY 10940



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

Lifeguard Certification

- 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 Number | Course Name | Course Date | Schedule | YMCA Member Fee | Program Member Fee |
|---------------|---|-------------------------------|--|-----------------|--------------------|
| 06 | Lifeguard Recertification | December 6 & 7 | Dec 6: 6pm-9pm Dec 7: 5pm-9pm | \$175 | \$225 |
| 01 | Lifeguard Certification | December 22 & 26-28 | December 22: 5pm-8pm December 26: 10am-4pm December 27: 10am-4pm December 28: 10am-4pm | \$400 | \$450 |
| 07 | Lifeguard Recertification | January 3 & 4 | January 3: 6pm-9pm January 4: 5pm-9pm | \$175 | \$225 |
| 02 | Lifeguard Certification | February 16, 17, 19, 20, & 21 | February 16: 5pm-9pm February 17: Online (Approx. 7hrs.) February 19, 20 & 21: 10am-3pm | \$400 | \$450 |
| 03 | Lifeguard Certification | March 25, 26-29 | March 25: 10am-3pm March 26: Online (Approx. 7hrs.) March 27: 10am-3pm March 28: 10am-3pm March 29: 10am-3pm | \$400 | \$450 |
| 08 | Lifeguard Recertification | April 7th | April 7: 9am-5pm | \$175 | \$225 |
| 04 | Lifeguard Certification | May 2-5 | May 2: 5pm-8pm May 3: Online (Approx. 7hrs.) May 4-5: 9am-5pm | \$400 | \$450 |
| 09 | Lifeguard Recertification | May 15 & 16 | May 15: 6pm-9pm May 16: 5pm-9pm | \$175 | \$225 |
| 10 | Waterfront Training Must bring current Lifeguard certification. | May 10 | May 10: 5pm-7pm | \$125 | \$175 |
| 05 | Lifeguard Certification | June 4-9 | June 4: 6pm-9pm June 5: Online (Approx. 7hrs.) June 7: 5pm-9pm June 8 & 9: 10am-4pm | \$400 | \$450 |
| 11 | Waterfront Training Must bring current Lifeguard certification. | June 19 | June 19: 12pm-2pm | \$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 Registration Form
YMCA OF MIDDLETOWN**

Course Name _____ Course Number _____

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

STUDENT'S EMAIL **REQUIRED** (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 15 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 do not pass the pre-requisite course, no refund will be issued, but can move to another class for free. (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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(P) 845 344 9622

www.middletownymca.org