



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lifeguard Classes 2023-2024

SOUTH ORANGE FAMILY YMCA

45 Gilbert Street Extension, Monroe, NY 10950



For more details contact Melissa Gillespie at (P) 845 395 1016 or (E) mag@middletownymca.org

Lifeguard Certification

- Must be 15 by the last day of the class.
- Must be able to accomplish the following skills on first day:
 - * 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
005	Lifeguard Recertification	Nov 18	10:00am-4:00pm	\$175	\$225
001	Lifeguard Certification Must attend all sessions	Dec 26-29	10:00am-4:00pm	\$400	\$450
002	Lifeguard Certification Must attend all sessions	Feb 20-23	10:00am-4:00pm	\$400	\$450
006	Lifeguard Recertification	Feb 24	10:00am-4:00pm	\$175	\$225
007	Lifeguard Recertification	March 10	9:00am-3:00pm	\$175	\$225
003	Lifeguard Certification Must attend all sessions	March 25-28	10:00am-4:00pm	\$400	\$450
008	Lifeguard Recertification	April 6	10:00am-4:00pm	\$175	\$225
004	Lifeguard Certification Must attend all sessions	May 10-12 & 17-19	May 10 & 17 5:00pm-9:00pm May 11,12,18,19 9:00am-1:00pm	\$400	\$450
009	Lifeguard Recertification	June 2	9:00am-3:00pm	\$175	\$225

American Red Cross Registration Form SOUTH ORANGE FAMILY YMCA

Course Name _____

Course Number _____

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

STUDENT'S EMAIL **REQUIRED** (Please Print Neatly) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PARENT'S/LEGAL GUARDIAN'S NAME (If student is under 18): _____ 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 _____

[CLICK HERE TO REGISTER ONLINE](#)
or return this form to the Y.