



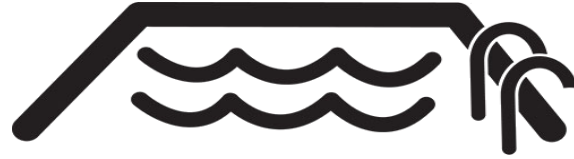
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Lifeguard Classes 2024-2025

## 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

- CPR, AED, and First Aid certifications are included in this class.
- Must be able to accomplish the following skills:
  - \* **Swim-Tread-Swim Sequence:** Swim 150 yards using the front crawl, breaststroke, or a combination of both. Maintain position at the surface of the water for 2 minutes by treading water using only the legs. Swim 50 yards using the front crawl, breaststroke, or a combination of both
  - \* 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).

### Lifeguard Recertification

- Must bring current certification including CPR, AED and First Aid and must be able to accomplish the following skills:
  - \* **Swim-Tread-Swim Sequence:** Swim 150 yards using the front crawl, breaststroke, or a combination of both. Maintain position at the surface of the water for 2 minutes by treading water using only the legs. Swim 50 yards using the front crawl, breaststroke or a combination of both
  - \* 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).

Course Number	Course Name	Course Date	Schedule	YMCA Member Fee	Program Member Fee
005	Lifeguard Recertification	Nov 17	9AM-4PM	\$175	\$225
001	Lifeguard Certification <b>Must attend all sessions</b>	Nov 29-30 & Dec 1	10AM-6PM	\$400	\$450
002	Lifeguard Certification <b>Must attend all sessions</b>	Dec 26-29	10AM-4PM	\$400	\$450
006	Lifeguard Recertification	Jan 4	10AM-5PM	\$175	\$225
007	Lifeguard Recertification	Feb 9	9AM-4PM	\$175	\$225
003	Lifeguard Certification <b>Must attend all sessions</b>	April 14-17	10AM-4PM	\$400	\$450
008	Lifeguard Recertification	April 19	10AM-4PM	\$175	\$225
004	Lifeguard Certification <b>Must attend all sessions</b>	May 9-11 & 16-18	May 9 & 16 5PM-9PM May 10,11,17,18 10AM-2PM	\$400	\$450
009	Lifeguard Recertification	June 15	9AM-4PM	\$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.



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## CPR Classes 2024-2025

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Course Number	Course Name	In Person Skill Session	Schedule	YMCA Member Fee	Program Member Fee
011	CPR for the Professional Blended Learning	Nov 1	6:30pm-9:30pm	\$125	\$175
012	CPR for the Professional Blended Learning	November 17	9:00am-12:00pm	\$125	\$175
013	CPR for the Professional Blended Learning	Dec 13	6:30pm-9:30pm	\$125	\$175
014	CPR for the Professional Blended Learning	Jan 4	9:00am-12:00pm	\$125	\$175
015	CPR for the Professional Blended Learning	Feb 9	9:00am-12:00pm	\$125	\$175
016	CPR for the Professional Blended Learning	April 19	10:00am-1:00pm	\$125	\$175
017	CPR for the Professional Blended Learning	June 15	9:00am-12:00pm	\$125	\$175

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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 \_\_\_\_\_

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