



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# American Red Cross Lifeguard Classes 2025

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](mailto:cdirks@middletownymca.org)

## Lifeguard Certification

- 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
- All classes must be attended (NO EXCEPTIONS).

## Lifeguard Recertification

- Must bring current certification including CPR, AED and First Aid & 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
- All classes must be attended (NO EXCEPTIONS).

Course Number	Course Name	Course Date	Schedule	YMCA Member Fee	Program Member Fee
03	Lifeguard Certification	March 26-29	March 26: 5:00pm-10pm March 27: 5:00pm-10pm March 28: 5:00pm-10pm March 29: 10:00-4:30pm	\$400	\$450
05	Lifeguard Recertification	April 23-25	April 23: 6:00pm-9:00pm April 24: 5:00pm-9:00pm April 25: 5:00pm-7:30pm	\$175	\$225
06	Lifeguard Recertification	May 21-23	May 21: 6:00pm-9:00pm May 22: 5:00pm-9:00pm May 23: 5:00pm-7:30pm	\$175	\$225
10	Waterfront Training Must bring current Lifeguard cert.	June 07	June 07: 11:00am-4:45pm	\$125	\$175

# American Red Cross CPR Classes 2025

YMCA OF MIDDLETOWN

81 Highland Avenue, Middletown, NY 10940

## Adult/Pediatric FA/CPR/AED

- Must complete online learning and attend in person skill session. The online learning will be sent to the registrant's email before attending the class. (approx. 3 hours 50 minutes - it varies)
- The In-person skill session is to review key points learned during the online session and to practice skills and demonstrate skill competency. The skill sessions will give the participant the confidence, knowledge and skills to give immediate care when minutes matter. (approx. 2.5 hours)

## CPR/AED Pro Recert.

- Must complete online learning and attend in person skill session.
- Learn to recognize cardiac arrest and perform CPR and use an AED when acting as a single rescuer or two rescuers on adult, child or infant.
- Learn to demonstrate how to safely and effectively care for an obstructed airway for both a responsive and unresponsive adult, child or adult.
- Gain experience working as a team in a multiple rescuer response.

Course Number	Course Name	Course Date	Schedule	YMCA Member Fee	Program Member Fee
02	Adult/Pediatric FA/CPR/AED	March 5	6pm-9pm	\$150	\$200
04	CPR/AED Pro Recert. Blended Learning Must bring current certification.	April 23	6pm-9pm	\$150	\$200
06	CPR/AED Pro Recert. Blended Learning Must bring current certification.	May 21	6pm-9pm	\$150	\$200
07	Adult/Pediatric First Aid/CPR/AED Blended Learning	June 5	3pm-6pm	\$150	\$200

### 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 \_\_\_\_\_

**YMCA OF MIDDLETOWN**

81 Highland Avenue  
Middletown, NY 10940  
(P) 845 344 9622

[www.middletownymca.org](http://www.middletownymca.org)