



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



American Red Cross Courses 2025-2026 SOUTH ORANGE FAMILY YMCA



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

LIFEGAURD CERTIFICATION

- **Pre-requisite swim test required prior to registration.** There is a fee of \$25. The \$25 will be credited towards the LGT Course upon successful completion of the swim test.
- 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 front crawl, breaststroke, or a combination of both. Maintain position at the surface of the water for 2 minutes by treading water with only the legs. Swim 50 yards front crawl, breaststroke, or a combination of both. | Retrieve 10 lb. object from 7' of water. | Swim 20 yards on your back with the object in your hand. | Tread water for 2 minutes.
- **ATTENDANCE AT ALL CLASS SESSIONS REQUIRED—NO EXCEPTIONS!**

Dates	Time	YMCA Member Fee	Program Member Fee
Nov 28-30	10AM-7PM	\$400	\$450
Dec 27-30	10AM-4PM	\$400	\$450
Feb 17-20	10AM-4PM	\$400	\$450
Mar 30-Apr 2	10AM-4PM	\$400	\$450

PRE-REQUISITE SWIM TEST REQUIRED.

There is a fee of \$25. The \$25 will be credited towards the LGT Course upon successful completion of the swim test.

SCAN THE QR CODE TO SIGN-UP FOR A SWIM TEST:



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 front crawl, breaststroke, or a combination of both. Maintain position at the surface of the water for 2 minutes by treading water with only the legs. Swim 50 yards front crawl, breaststroke, or a combination of both. | Retrieve 10 lb. object from 7' of water. | Swim 20 yards on your back with the object in your hand. | Tread water for 2 minutes.
- **ATTENDANCE AT ALL CLASS SESSIONS REQUIRED—NO EXCEPTIONS!**

Date	Time	YMCA Member Fee	Program Member Fee
Jan 4	9AM-5PM	\$175	\$225
Feb 15	9AM-5PM	\$175	\$225
Apr 19	9AM-5PM	\$175	\$225
May 24	9AM-5PM	\$175	\$225

SCAN THE QR CODE TO REGISTER FOR LIFEGUARD RECERTIFICATION:



CPR FOR THE PROFESSIONAL RESCUER | BLENDED LEARNING

- Students must complete online learning and attend in-person skill session.
- PLEASE NOTE:** This course is included in the Lifeguarding course but although it is a 2-year certification, Lifeguards must be recertified every year as per the Health Department.

In-Person Skill Session	Time	YMCA Member Fee	Program Member Fee
Dec 14	9AM-12PM	\$125	\$175
Jan 4	9AM-12PM	\$125	\$175
Feb 15	9AM-12PM	\$125	\$175
Apr 19	9AM-12PM	\$125	\$175
May 24	9AM-12PM	\$125	\$175

SCAN THE QR CODE TO REGISTER FOR CPR:

