



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



American Red Cross Courses 2025-2026 YMCA OF MIDDLETOWN

For more details contact Christine Dirks at (P) 845 956 1549 or (E) cdirks@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. 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.
- CPR, AED, and First Aid certifications are included in this class.
- **ATTENDANCE AT ALL CLASS SESSIONS REQUIRED—NO EXCEPTIONS!**

Dates	Time	YMCA Member Fee	Program Member Fee
Dec 22-24	Dec 22 & 23, 10AM-5PM Dec 24, 8:30AM-3:30PM	\$400	\$450
Apr 15-17	Apr 15-17, 10AM-4PM	\$400	\$450
May 20-23	May 20-22, 5PM-10PM May 23, 11AM-4PM	\$400	\$450

REGISTER FOR A SWIM TEST:



LIFEGUARD RECERTIFICATION

- Must bring current certification including CPR, AED and First Aid and must be able to successfully complete the Swim-Tread-Swim Sequence of the Pre-requisite swim test. Details can be found in the Lifeguard Certification section above.
- **ATTENDANCE AT ALL CLASS SESSIONS REQUIRED—NO EXCEPTIONS!**

Dates	Times	YMCA Member Fee	Program Member Fee
Dec 10 & 12	Dec 10, 6PM-9PM Dec 12, 5PM-10PM	\$175	\$225
Jan 7 & 8	Jan 7, 6PM-9PM Jan 8, 5PM-10PM	\$175	\$225
Feb 11 & 12	Feb 11, 6PM-9PM Feb 12, 5PM-10PM	\$175	\$225
Mar 12 & 13	Mar 12, 6PM-9PM Mar 13, 5PM-10PM	\$175	\$225
Apr 1 & 2	Apr 1, 6PM-9PM Apr 2, 5PM-10PM	\$175	\$225
May 7 & 8	Feb 11, 6PM-9PM Feb 12, 5PM-10PM	\$175	\$225

REGISTER FOR LIFEGUARD RECERTIFICATION:



WATERFRONT CERTIFICATION

- Must bring current copy of American Red Cross Lifeguard certification and successfully complete the following Swim-Tread-Swim Sequence: Swim 350 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 then swim 200 yards front crawl, breaststroke, or a combination of both. | Complete timed event in 1 min. and 40 sec: Retrieve a 10lb. object while swimming on back holding object with both hands. Swim back to the side and climbing out. | Underwater Swim: Swim 5 yards, submerge underwater and retrieve 3 dive rings and swim to the side with the rings.
- **ATTENDANCE AT ALL CLASS SESSIONS REQUIRED—NO EXCEPTIONS!**

Dates	Time	YMCA Member Fee	Program Member Fee
Jun 6	11AM-5PM	\$125	\$175
May 24	10AM-4PM	\$125	\$175

REGISTER FOR WATERFRONT:



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 10	6PM-9PM	\$125	\$175
Jan 7	6PM-9PM	\$125	\$175
Feb 11	6PM-9PM	\$125	\$175
Mar 12	6PM-9PM	\$125	\$175
Apr 1	6PM-9PM	\$125	\$175
May 7	6PM-9PM	\$125	\$175

REGISTER FOR CPR FOR THE PROFESSIONAL RESCUER:

