



# SAFETY STARTS WITH YOU

Lifeguard Certification Course

During this American Red Cross Certification Course, you will learn the following skills: First-Aid, CPR for the Professional Rescuer, how to utilize an AED, and how to respond in the event of an emergency in and outside the pool area. The class will need a minimum of 4 participants and each participant must attend all course dates in order to obtain certification.

**Course Dates: December 27, 28 & 29**  
**Time: 9am-4pm**

**Course Cost:**

To enroll: \$25 Pre-test (on the first day of class)  
\$375 After completing pre-test

- What to Bring:**
- Bathing Suit
  - Towels
  - Goggles
  - Cap
  - Lunch
  - Water
  - Proof of Age

**Location:**

YMCA at Glen Cove  
125 Dosoris Lane  
Glen Cove, NY 11542  
516.583.5400

- In order to take the course you must be able to do the following:**
- Must attend all classes. No make-ups.
  - Must be 15 years or older.
  - Must be able to swim 12 laps (300 yards) with a combination of freestyle crawl and breaststroke.
  - Retrieve a 10-pound brick submerged in 10 feet of water.
  - Tread water for 2 minutes without use with use of arms

**Register Now!**

