



SPRING 2024 AMERICAN RED CROSS LIFEGUARDING BLENDED LEARNING

(AGES 15+ BY THE LAST CLASS)

Emphasis on accident prevention, aftercare, rescue techniques and lifeguard responsibilities.

COURSE INCLUDES:

- Certifications in CPR/AED and First Aid.
- Participants must complete the swim test to continue with the training.
- Test consists of 300 yards front crawl and breaststroke, tread for 2 minutes using legs only, 20-yard swim out and back with surface dive to retrieve a 10-lb brick (timed event).

DATES:

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| Sunday, May 5 10:30am-4:00pm | Saturday, June 15 10:30am-4:00pm |
| Saturday, May 11 10:30am-4:00pm | Sunday, June 23 10:30am-4:00pm |

***participants must attend all dates**

**SWIM TEST:
SUNDAY, APRIL 28TH
FROM 12:45PM- 2:45PM**

FEES:

- \$425 (\$25 deposit for the swim test) \$400 after the swim test is passed.

Visit Member Services to Register & Pick up waiver packet

Questions?

Contact Member Services (631) 421-4242

*****must show proof of age and complete a waiver form prior to swim test
(if you are under 18 years old, a parent/guardian must co-sign)**

**HUNTINGTON YMCA
631-421-4242
WWW.YMCA.ORG**