



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 28, 29 & 30
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!

