

CPR, AED, FIRST AID & OXYGEN



OPEN TO AGES 15+ YRS.

Be prepared for an emergency.
Get certified in lifesaving procedures that can double or triple chances of survival after a cardiac event.



American Red Cross

Y Members | \$88

Non-Members | \$118

Old Bridge Family YMCA

SUN. • NOV. 12 | 9:30 A.M.–2 P.M.

SUN. • DEC. 17 | 10 A.M.–2:30 P.M.

Freehold Family YMCA

SAT. • SEPT. 16 | 10 A.M.–2:30 P.M.

SAT. • OCT. 21 | 9:30 A.M.–2 P.M.



For more information, contact
Christina Huang at chuang@ymcanj.org.

Register at

>> ymcanj.org/register

YMCA OF GREATER MONMOUTH COUNTY

FREEHOLD FAMILY YMCA
470 East Freehold Road
Freehold, NJ 07728

OLD BRIDGE FAMILY YMCA
1 Mannino Park Drive
Old Bridge, NJ 08857

YMCANJ.org

info@ymcanj.org

323-6737-THQ

Here for all.
Financial assistance is offered
based on availability of funds.