



LIFEGUARD COURSES



CERTIFICATION

Blending Learning Format Course: The primary purpose of the American Red Cross Blended Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. The blended learning option combines online learning with in-person skill sessions conducted by a Red Cross-certified instructor. Attendance is mandatory for all class of the course.

Old Bridge Family YMCA

| Course Date(s) | Pre-test Times | Class Times |
|---------------------------|----------------|---------------------------|
| » Sep. 22 Sep. 23 & 24 | 3-4 P.M. | 4-9 P.M. 8 A.M.-6 P.M. |
| » Nov. 17 Nov. 18 & 19 | 3-4 P.M. | 4-9 P.M. 8 A.M.-6 P.M. |

Freehold Family YMCA

| Course Date(s) | Pre-test Times | Class Times |
|------------------------------|----------------|----------------|
| » Oct. 4 Oct. 15, 21 & 22 | 6:45-8:15 P.M. | 10 A.M.-6 P.M. |
| » Nov. 27 Dec. 3, 9 & 10 | 7-8:30 P.M. | 10 A.M.-6 P.M. |

Y Members • \$350 | Non-Members • \$395

RE-CERTIFICATION

This course is designed to re-certify current American Red Cross Lifeguards on the pre-test, lifeguard, first aid, and CPR skills. Participants must possess a current Lifeguard, First Aid, CPR, and AED certification. A CPR mask is required, and participants must provide their own mask with current certification.

Old Bridge Family YMCA

| Course Date(s) | Class Times |
|----------------|---------------|
| » Oct. 22 | 8 A.M.-9 P.M. |
| » Dec. 17 | 8 A.M.-9 P.M. |

Freehold Family YMCA

| Course Date(s) | Class Times |
|----------------|---------------|
| » Sep. 17 | 9 A.M.-7 P.M. |
| » Nov. 5 | 9 A.M.-7 P.M. |

Y Members • \$185 | Non-Members • \$245

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

YMCA NJ.org
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info@ymcanj.org

923-6738-THQ

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