



LIFEGUARD COURSES



Old Bridge Family YMCA

CERTIFICATION

Blended 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.

Course Date(s)	Pre-test Times	Class Times
» Jan. 19	3-4 P.M.	5-9 P.M.
» Jan. 20-21		8 A.M.-6 P.M.
» March 15	3-4 P.M.	5-9 P.M.
» March 16-17		8 A.M.-6 P.M.
» May 17	3-4 P.M.	5-9 P.M.
» May 18-19		8 A.M.-6 P.M.

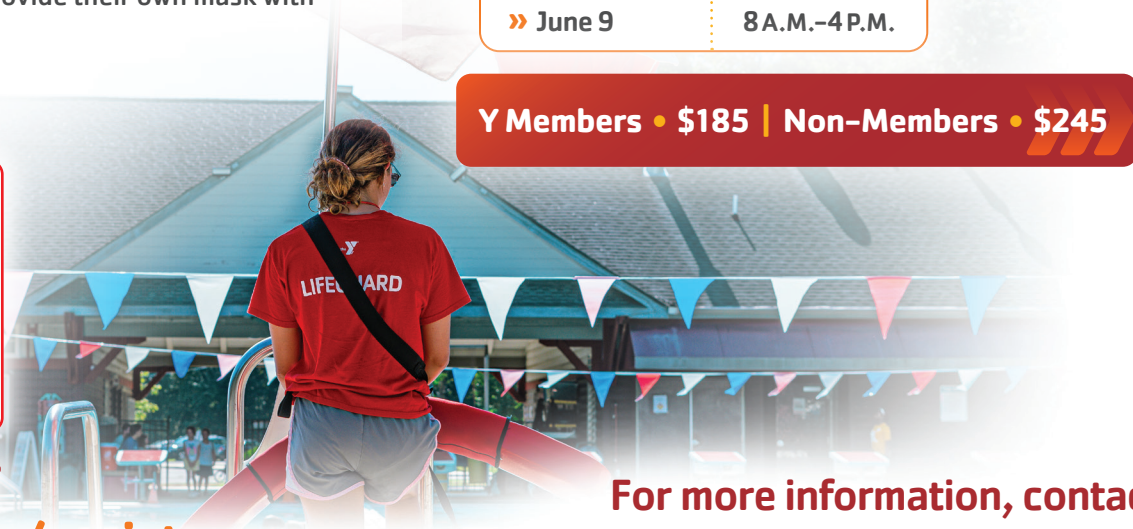
Y Members • \$350 | Non-Members • \$395

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.

Course Date(s)	Class Times
» February 10	8 A.M.-4 P.M.
» April 14	8 A.M.-4 P.M.
» May 11	8 A.M.-4 P.M.
» June 9	8 A.M.-4 P.M.

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



REGISTER AT

» ymcanj.org/register

For more information, contact

Melia Parchman at mparchman@ymcanj.org

YMCA OF GREATER MONMOUTH COUNTY

Old Bridge Family YMCA
1 Mannino Park Drive
Old Bridge, NJ 08857

732.727.0704
mparchman@ymcanj.org

[YMCA NJ.org](https://ymcanj.org)

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

124-7113-0BY



American Red Cross

LIFEGUARD COURSES



Freehold Family YMCA

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.

Course Date(s)	Pre-test Times	Class Times
» March 6	7-8:30 P.M.	
» March 17, 23 & 24		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.

Course Date(s)	Class Times
» January 28	9 A.M.-5 P.M.
» February 4	9 A.M.-5 P.M.

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



REGISTER AT
» ymcanj.org/register

For more information, contact
Andrea Falcone at afalcone@ymcanj.org

YMCA OF GREATER MONMOUTH COUNTY

Freehold Family YMCA
470 East Freehold Road
Freehold, NJ 07728

732.462.0464
afalcone@ymcanj.org

YMCA NJ.org

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

123-7114-FHY