



# 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 25	7-8:30 P.M.	
» April 2, 3 & 4		9 A.M.-5 P.M.
» April 15	7-8:30 P.M.	
» April 27, 28 & May 5		10 A.M.-6 P.M.
» May 20	7-8:30 P.M.	
» June 1, 2 & 9		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
» April 7	9 A.M.-5 P.M.
» May 19	9 A.M.-5 P.M.

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



**REGISTER AT**

**» [ymcanj.org/register](https://ymcanj.org/register)**

**For more information, contact**

**Andrea Falcone at [afalcone@ymcanj.org](mailto:afalcone@ymcanj.org)**

### YMCA OF GREATER MONMOUTH COUNTY

Freehold Family YMCA  
470 East Freehold Road  
Freehold, NJ 07728

732.462.0464  
[afalcone@ymcanj.org](mailto:afalcone@ymcanj.org)

[YMCA NJ.org](https://ymcanj.org)  
f t i n y o

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

224-7114-FHY



# 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

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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**

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**For more information, contact**

**Melia Parchman at [mparchman@ymcanj.org](mailto: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](mailto:mparchman@ymcanj.org)

[YMCA NJ.org](https://ymcanj.org)  
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based on availability of funds.

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