



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATERFRONT LIFEGUARDING

LAKELAND HILLS FAMILY YMCA

This Red Cross certification course certifies individuals in waterfront lifeguarding, CPR for the Professional Rescuer, First Aid, and AED. Participants must be at least 15 years of age by the last day of class.

WHEN

Saturdays, March 2 – March 30 from 10:00 am – 6:00 pm

FEES AND REGISTRATION

Members \$340/Non-Members \$365

Register online, in person, or call the Y

REQUIREMENTS TO BE COMPLETED FIRST DAY OF CLASS

- Swim 550 yards demonstrating front crawl or breaststroke
- Tread water for 2 minutes using legs only
- Recover a 10 lb. brick from 7 – 10 feet of water
- Please refer to our website for more requirements

MORE INFO

- Attendance is critical; absences may result in no certification
- Participants must pass 100% of water skills and 80% of written tests
- Contact Ed Soder, Aquatic Director, with any questions:
eds@lhymca.com



LAKELAND HILLS FAMILY YMCA
100 Fanny Road, Mountain Lakes, NJ 07046
P 973 334 2820 F 973 334 1308
www.lakelandhillsymca.com

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