



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROTECT LIVES

## Cumberland Cape Atlantic YMCA American Red Cross blended learning LIFEGUARDING COURSE with Optional WATERFRONT LIFEGUARDING MODULE



**Do you know how to swim? Want to make a positive impact on the lives of other people? Train to save lives!**

Join us this summer for a blended learning Lifeguarding Training Course! Take this class to prepare yourself for a lifeguard position. Participants must pass the Pre-Screening class to register for all scheduled classes. Successful completion of all e-learning content, written test, and water skills are required for certification. Course includes all the up to date course/materials for Lifeguard, First Aid, CPR and AED certifications.

### **PRE-SCREENING SESSION: (Please Register for Pre-Screen by Tuesday July 24)** **Tuesday, July 24 – 6:00 – 6:45pm**

Individuals who complete these prerequisite swimming skills will be permitted to sign up for the Lifeguard Training course. Bring PROOF OF AGE, bathing suit and towel. Must turn 15 years old before the last day of class (Tuesday, August 14).

**Fee: FREE- Facility Members                      \$5.00 – Program and Community members.**  
**See other side for the Swimming skills pre-screening test.**

### **LIFEGUARD COURSE – DATES AND TIMES:**

<b>Thursday, July 26</b>	<b>Tuesday, July 31</b>	<b>Thursday, August 2</b>	<b>Saturday, August 4</b>	<b>Tuesday, August 7</b>	<b>Thursday, August 9</b>	<b>Tuesday, August 14</b>
<b>6:00 pm – 9:30 pm</b>	<b>6:00 pm – 9:30 pm</b>	<b>6:00 pm – 9:30 pm</b>	<b>1 pm – 3 pm</b>	<b>6:00 pm – 9:30 pm</b>	<b>6:00 pm – 9:30 pm</b>	<b>6:00 pm – 9:30 pm</b>

(100 % Attendance required for ALL dates. Saturday, August 4th will be held off site at Holly City Family Center in Millville for deep water skills practice and testing. )

#### ***Sizzling Summer Savings!***

**Class Fee- payable by Wednesday, July 25**

**Facility Members \$170      Program/Non-Members \$200**

*\*Manual and pocket mask included in fee. Minimum of 6 participants needed to run course\**

Full participation is required for all that attend, including completed e-learning content, classroom, and pool activities. You may need to provide proof that you completed the required eLearning content prior to each in- person skill session. A copy of the most recent Lifeguard Manual will be provided on the first night of class, along with a pocket mask.

Please contact the Member Services Desk, Mary Desjardins [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org) or Jennifer Helm-  
[helm@ccaymca.org](mailto:helm@ccaymca.org), or with any questions.

Cumberland Cape Atlantic YMCA  
1159 E. Landis Ave  
Vineland, NJ 08360  
(856)691-0030  
[www.ccaymca.org](http://www.ccaymca.org)

## **Cumberland Cape Atlantic YMCA American Red Cross LIFEGUARDING COURSE**

### **Swimming skills pre-screening test:**

1. 300 yard continuous swim – 100-yard front crawl (with rhythmic breathing), 100 yard breaststroke, 100 yard front crawl or breast; may use goggles
2. Timed Event - Swim 20 yards, Surface dive 7-10 feet, retrieve a 10-pound brick and swim 20 yards holding brick with both hands and keeping face at or near the surface so able to get a breath, & exit water without using ladder or steps, without goggles (within 1 minute and 40 secs.).
3. Tread water for 2 minutes using only legs. With hands under armpits

## **American Red Cross WATERFRONT LIFEGUARDING MODULE**

### **Swimming skills pre-screening test:**

1. 550 yard continuous swim – a mix of front crawl and/or breaststroke. Use of goggles are permitted. Swimming on back or side is not allowed.
2. Timed Event - Swim 20 yards, Surface dive 7-10 feet, retrieve a 10-pound brick and swim 20 yards holding brick with both hands and keeping face at or near the surface so able to get a breath, & exit water without using ladder or steps without goggles (within 1 minute and 40 secs.).
3. Tread water for 2 minutes using only legs. With arm hands under armpits.
4. Swim 5 yards, submerge and retrieve 3 dive rings placed 5 yards apart in 4 – 7 feet of water, resurface and continue to swim another 5 yards

**\*If you pass the pre-screening, you will need to pay the  
class fee by Wednesday, July 25<sup>th</sup>**

## **Waterfront Lifeguarding Module**

The optional Waterfront Lifeguarding Module will be Saturday,  
August 18 from 12:00pm – 6:00pm

Details on location will follow the completion of the blended learning Lifeguarding course

**Fee: Facility Member \$30; Program/Non Member \$50**

