



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVING LIVES HAS SOME BENEFITS

Cumberland Cape Atlantic YMCA Lifeguard Prep Class and Prescreening

Interested in becoming a lifeguard, but need to work on your skills? These classes are for you! Improve your swimming skills for the American Red Cross lifeguard training class! Participants will learn how to swim freestyle and breaststroke for a distance of 300 yards, work towards treading water for 2 minutes without the use of hands, and build strength to retrieve a 10 pound brick and swim the length of the pool in under 1 minute and 40 seconds.

Registrants should have prior knowledge on how to swim both freestyle and breaststroke to take this class. Please bring your bathing suit, goggles, and a towel. Minimum age requirement is 15 years old.



PRE-SCREENING SESSIONS (Participants should plan to attend one date):

Thursday, October 19 - 5:45-6:15pm

Saturday, October 20 - 12:00-12:30pm

Wednesday, October 24 - 12:15-12:45pm

Thursday, October 25 - 6:30-7:00 pm

Fee per date - register for as many as you plan to attend:

Facility Members - FREE

Program Members - \$2.00

Community Members - \$3.00*

***Please note:** non-members are required to fill out a guest pass (with photo ID) to attend. Participants under 18 must have a parent present to fill out guest pass.*

**SEE REVERSE SIDE FOR INFORMATION ABOUT OUR SWIMMING SKILLS
PRE-SCREENING TEST!**

Please contact the Member Services Desk or Mary Desjardins aquatics@ccaymca.org with any questions.

YMCA of Vineland
1159 E. Landis Avenue
Vineland, NJ 08360



(856) 691-0030

www.ccaymca.org

Check us out on Facebook, Twitter, Instagram and Pinterest!

Cumberland Cape Atlantic YMCA American Red Cross Lifeguarding Course Prescreening Test

In order to take the American Red Cross Lifeguarding Course, participants are required to pass the Lifeguard Prescreening Test. The test includes:

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

