



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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PROTECT LIVES

Cumberland Cape Atlantic YMCA American Red Cross – LIFEGUARD r.24 COURSE

Recertification for those with a current ARC Lifeguard certification. Recertify in the updated ARC LG r.24 training!



Join us this April or May for the ARC Lifeguard r.24 Recertification course. This class prepares you to continue in a lifeguard position. Participants must pass the Pre-Screening session to register for the ARC Lifeguard r.24 Recertification class.

PRE-SCREENING SESSION(S):

(Pre-Register; may attend more than 1 day for skills prep help)

Practice and improve skills and/or complete the pre-screening skills requirement

****Students under age 18 must have a parent present at the Y facility to sign the Y Member/User Facility waiver before attending this program.**

Swimming skills pre-screening test:

1. Swim-tread-swim sequence without stopping to rest:

Includes jumping into water and totally submerging, swimming 150 yds, 2 minutes of treading only using legs, swimming an additional 50 yards; may use goggles; must be completed with either front crawl or breaststroke –swimming on back and side are not permitted.

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.).

See Reverse side for Pre-screen Dates and Lifeguard Course Date Options

Cumberland Cape Atlantic YMCA

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • www.ccaymca.org



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ARC LIFEGUARD RE-CERTIFICATION COURSE:

- This course is for persons who have a current American Red Cross Lifeguard certification. Course Reviews ARC LG r.24 course updates and perform all the skills from the updated 2024 Lifeguard Manual. Must show proof of current certification, and completing the online Blended ARC LG r.24 elearning prior to course start date. Bring bathing suit, towel, fanny pack, whistle, adult and infant resuscitation masks (available for purchase) and lunch or money for lunch(Sat)
- Must also complete the prerequisite swimming skills(see dates/time listed below) to be eligible to sign up for the ARC Lifeguard r.24 Recertification course.

100 % attendance required to be eligible for LG Recertification.

OPTION 1:

LG Pre-screening date options-
Wed, March 13-8:15pm, Wed, Mar.
20-8:15pm, Wed, Mar. 27-7:30pm

LG Recertification dates:

- Friday, April 5, 4-9pm at the YMCA of Vineland and
- Saturday, April 6, 8-10am at *Holly City Family Center in Millville- deep end skills and 11am-2pm at the YMCA of Vineland

Register by Tuesday, March 26

OPTION 2:

LG Pre-screening date options-
Wed, March 13-8:15pm, Wed, Mar. 20-
8:15pm, Wed, Mar. 27-7:30pm or Mon,
April 1-12:15pm, Mon, Apr. 15-4:00pm

LG Recertification dates:

- Friday, May 10, 4-9pm at the YMCA of Vineland and
- Saturday, May 11, 8-10am at *Holly City Family Center in Millville deep end skills and 11am-2pm at the YMCA of Vineland

Register by Friday, April 26

PRE-SCREEN Fee per class: FREE- Facility Members \$4.00 – Program members \$5.00 – Community members

Fee LG Re-Cert class: Facility members: \$100.00 Program/Community members: \$130.00

Fee includes; deep water pool time and certification fee; Available for purchase – new ARC LG r.24 manual – \$34.00 and, fanny pack with Adult & infant resuscitation mask- \$16.00

Please contact Mary Desjardins aquatics@ccaymca.org with any questions

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