



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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# PROTECT LIVES

## CUMBERLAND CAPE ATLANTIC YMCA AMERICAN RED CROSS

### LIFEGUARDING R.24 COURSE | **SPRING 2024**

This class prepares you for a lifeguard position. Starting at age 15, American Red Cross Lifeguarding R.24 will give you the skills you need to be a leader in the aquatics area. NEW 2024 course materials and curriculum

#### PREP/PRE-SCREENING SESSION:

- Pre-register; may attend more than 1 day, if needed
- Practice and improve skills, or complete the pre-screening skills requirement for upcoming courses

\*\*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

#### PRE-SCREENING SESSION DATES:

Monday, March 11 – 4:00pm

Wednesday, March 20 – 7:30pm

Monday, April 1 – 12:15pm

Wednesday, March 13 – 8:15pm

Wednesday, March 27 – 7:30pm

Tuesday, April 9 – 5:15pm

Monday, April 15 – 4:00pm

#### FEE PER CLASS:

Facility members: FREE

Program members: \$4.00

Community members: \$5.00



**PREREQUISITE SWIMMING SKILLS** needed to pass the pre-screening test for updated ARC Lifeguarding R.24 Course:

- 1. Swim-tread-swim sequence without stopping to rest:** includes jumping into water and totally submerging, swimming 150 yards, 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 the brick with both hands and keeping face at or near the surface so able to get a breath, and exit water without using ladder or steps, without goggles (within 1 minute and 40 secs.).

**Cumberland Cape Atlantic YMCA**

See side 2 for more information

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



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## ARC LIFEGUARD COURSE BLENDED LEARNING:

- Individuals who complete the prerequisite swimming skills are eligible to sign up for the updated Lifeguarding R.24 course. This is a Blended Learning class and will require online training to be done on a computer or tablet and in person manikin and water rescue skills.
- Must be 15 years old by the last day of the scheduled class.
- Successful completion of assignments, written test, and water skills are required for certification.
- Course includes all the ARC R.24 up-to-date course/materials for Lifeguard, First Aid, CPR, and AED certifications.

**100 % Attendance**  
is required for ALL scheduled dates

### COURSE DATES:

Monday, April 22 : 4:45 - 9:00pm

Monday, April 29: 4:45 - 9:00pm

Saturday, May 4 : 9:30 am - 4:00pm

Monday, May 6: 4:45 - 9:00pm

Monday, May 13: 4:45 - 9:00pm

Wednesday, May 22: 6:30 - 8:30pm

(At HCFC, Millville)

## REGISTER NO LATER THAN MONDAY, APRIL 15TH

Thursday, April 18 - Email with ARC Lifeguarding R.24 eLearning will be sent to those registered by Saturday, April 13.

### FEE ARC LIFEGUARDING COURSE:

Facility members: \$210.00    Program/Community members: \$260.00  
Fee includes ARC LG manual, pocket mask and fanny pack, and certification fee.

Scan QR code  
for Lifeguard  
Course info  
& pre-screening  
dates.



Please contact Mary Desjardins at [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org) or  
Jennifer Helm at [helm@ccaymca.org](mailto:helm@ccaymca.org) with any questions.

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