



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROTECT LIVES

CUMBERLAND CAPE ATLANTIC YMCA  
AMERICAN RED CROSS

LIFEGUARDING R.24 COURSE | **SPRING/SUMMER 2025**



## 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
- Required for full lifeguarding course, lifeguarding recertification course, and waterfront course

*\*\*Students under age 18 must have a parent present at the Y facility*

### FEE PER CLASS:

**FREE** – Members

**\$5.00** – Non-Members

### PRE-SCREENING SESSION DATES:

**Saturday, May 17**

8:30am (YMCA Block Party)

**Friday, May 23**

5:30pm

**Wednesday, May 28**

4:45pm

**Tuesday, June 3**

4:30pm

**Tuesday, June 10**

7:30pm

Scan QR Code to see required  
**PREREQUISITE SWIMMING SKILLS**



See side 2  
for more  
information

**Cumberland Cape Atlantic YMCA**

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

## 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.

**FEE LIFEGUARD CERT CLASS:** Members - \$225  
Non-Members - \$275

*Fee includes ARC LG manual, pocket mask and fanny pack and certification fee*

### COURSE DATES:

**Monday, June 23** 5-9pm  
**Tuesday, June 24** 5-9pm  
**Wednesday, June 25** 5-9pm  
**Thursday, June 26** 5-9pm  
**Friday, June 27** 5-9pm  
**Saturday, June 28** 8am-10am\*

*\*At Holly City Family Center in Millville for deep end skills*

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

**Register no later than Tuesday, June 10**

## WATERFRONT LIFEGUARD MODULE

**MUST ATTEND ALL PORTIONS FOR CERTIFICATION**

- This course is for those that already have a current American Red Cross Lifeguard certification. Must show proof of current certification, and adult and pediatric resuscitation masks (available for purchase). Certification is for guarding at beaches, lakefronts, bays, and rivers.

- Must also complete the prerequisite swimming skills (see dates/time listed on the front) to be eligible to sign up for the Waterfront Lifeguard Module.

### DATES:

**Friday, May 30**  
5:30-9:30pm  
at the YMCA of Vineland

**Saturday, May 31**  
1:30-6pm

**Inclement Weather Date:**  
Saturday, June 14 \*8:30-1:00pm

*\*At Camp Merrywood*

**FEE WATERFRONT LIFEGUARD MODULE:** Members - \$60  
Non-Members - \$75

**Register by Friday, May 23**

### SCAN QR CODE



to see required  
Swimming skills  
pre-screening test  
for Waterfront  
Lifeguarding



**Please contact Mary Desjardins at [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org) with any questions.**

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