



RED CROSS LIFEGUARDING CERTIFICATION

CONDUCTED BY RARITAN VALLEY YMCA AT NORTH
BRUNSWICK TOWNSHIP HIGH SCHOOL POOL

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

Successfully passing the course results in Red Cross Professional Rescuer certification in lifeguarding, first aid, CPR, and AED. Certificate is valid for 2 years. Participants **MUST** attend all classes/skill trainings and successfully complete the final written tests and skills tests to become certified. There are no make-ups for missed classes. This is a blended learning course, including an online portion which must be completed prior to the start of Session 1. (A link to the online course will be sent by email prior to the start of the in-person sessions.)

All candidates must be 15 years old as of June 23rd, 2019 and pass a swim test. Failure to pass the swim test will result in removal from the course, and swim test fee is not refundable. Passing the swim test requires all of the following:

- Swim 300 yards continuously without stopping.
- Tread water for 2 minutes using only the legs.
- Complete this timed event within 1 minute and 40 seconds: starting in the water, swim 20 yards, surface dive to a depth of 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

Dates and Times

Class Sessions

[To achieve certification, you must attend the swim test, ALL 3 in-person sessions, and also complete the online course. No make-ups are available for missed classes.]

Swim test

Sunday, June 16, North Brunswick High School
11:00am to 11:45am. Participants who pass the swim test will continue to Session 1 immediately after, same day. Participants who do not pass the test will not continue with the course, and testing fee will not be refunded.

Session 1

Sunday, June 16, North Brunswick High School
11:45am to 6:00pm

Session 2

Saturday, June 22, Raritan Valley YMCA
10:00am to 4:15pm

Session 3

Sunday, June 23, North Brunswick High School
11:15am to 6:00pm

Price:

Raritan Valley YMCA members: \$295

Non-members: \$345

\$50 swim test fee due at sign-up, non-refundable. (Swim test fee will count toward the final balance.) Remaining balance is due within 24 hours of passing the swim test. Those who do not pass the test will not continue with the course, and \$50 testing fee will not be refunded.

Registration: Online at
RaritanValleyYMCA.org or call 732-
257-4114

Course locations:

North Brunswick Township High School
98 Raider Road
North Brunswick, NJ 08902

Raritan Valley YMCA
144 Tices Lane
East Brunswick, NJ 08816
732-257-4114
RaritanValleyYMCA.org

REFUND POLICY: A full refund will only be issued if a member withdraws 7 days or more prior to the first swim test. If a member withdraws from class after this date, no refund will be issued. Memberships are non-refundable. The membership is good for other programs at the YMCA.