



LIFEGUARDING CERTIFICATION

CONDUCTED BY RARITAN VALLEY YMCA, AT THE SOUTH AMBOY YMCA



Dates and Times

[Must attend ALL sessions. No make-ups are available for missed classes.]

Session 1

Saturday, May 17, 2025. 7:00am to 7:00pm
(South Amboy)

Session 2

Sunday, May 18, 2025. 8:00am to 1:30pm
(South Amboy)

Session 3

Sunday, May 18, 2025. 2:30pm to 5:00pm
(This session will change location to
PISCATAWAY YMCA, 520 Hoes Ln,
Piscataway)

Passing the class

Achieving lifeguard certification requires the following:

- Completing the online course.
- Passing the swim skills pre-test.
- Attending all in-person sessions and successfully executing all skills taught.
- Passing the final in-water physical scenarios, and a written final test with a score of at least 80%.

Successful candidates will receive certificates for Red Cross lifeguarding, first aid, and CPR/AED for professional rescuers. Certificate is valid for 2 years starting May 18th, 2025.

Price

Non-members: \$355

Raritan Valley YMCA members: \$320

A refund will only be issued if a registrant withdraws at least 7 days prior to Session 1.

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.

All candidates must be at least 15 years old as of May 18th, 2025 and pass a swim test. Failure to pass the swim test will result in immediate removal from the course and refund of 80% of course fees. (20% will be kept as testing fee.) Passing the swim test requires all of the following:

- Swim 300 yards continuously without stopping. (Goggles may be used.)
- 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, keeping both hands on the object, to return to the starting point, then exit the water without using steps or a ladder. (Goggles must NOT be used.)

Note that passing the swim test does not, on its own, result in certification, but it allows the candidate to continue the course toward achieving certification.

Limited spaces available. Registration is first-come-first-served. Successful candidates are encouraged to apply for YMCA hiring opportunities.

Course location:

South Amboy Branch YMCA
200 John T O'Leary Blvd
South Amboy, NJ 08879

Register at:

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