



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FEBRUARY LIFEGUARD TRAINING



**TRAINED  
TO SAVE**

The American Red Cross Lifeguarding classes are designed to teach preventing emergencies & rescue skills for dealing with emergencies around water. The Red Cross blends both traditional lecture style along with hands-on training in order to teach you effective techniques to deliver prompt care to those in need. Upon successful completion of this course, you will be certified by the American Red Cross (ARC) in Lifeguarding/First Aid and CPR/AED Professional Rescuer (valid for 2 years).

**Fee:** Members: \$300 Non-Members: \$350

**Register:** Online at [tgfymca.org](http://tgfymca.org) or by calling the front desk (732) 388-0057

## February 2022 Course:

Friday, 2/4 (4p-8p), Saturday, 2/5 (9a-5p), Saturday, 2/12 (9a-5p) *You must attend all 3 classes*

**In order to successfully pass the course, each student must pass prerequisite skills:**

Minimum age: 15 years (must be 15 by last day of class)

## Swim 300 yards continuously:

Candidates must swim 12 lengths using the front crawl and/or breaststroke.

## Tread water for 2 minutes:

Only using legs-- arms not allowed.

## Complete a timed event within 1 minute, 40 seconds:

Swim the length of the pool, surface dive to the bottom of the pool and retrieve a 10-pound brick. With the brick, swim on your back to the starting point with both hands holding the brick and keeping the face at or near the surface. Exit the water without using a ladder or steps.

## For more information contact:

Brett Ilie, Association Aquatics Director E: [Billie@tgfymca.org](mailto:Billie@tgfymca.org)

On the first day of the course, everyone will be tested in the standards listed above in order to continue in the course. The course fee will not be refunded if the participant fails to pass the prerequisite skills or the final written exam. Please contact Brett Ilie with any concerns BEFORE you register.

THE GATEWAY FAMILY YMCA—Rahway Branch  
1564 Irving Street  
Rahway, NJ 07065



**If interested in working  
at The Gateway Family  
YMCA as a lifeguard,  
contact Brett.**