



FALL 2
NOV. 5 – DEC. 23

LIFEGUARDING

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DATE	MEMBER	COMMUNITY
LIFEGUARDING CERTIFICATION COURSE									
Learn skills and knowledge needed to perform water rescue, as well as First Aid and CPR. Participants will receive American Red Cross Lifeguarding, First Aid and CPR/AED for professional rescuer certificates. Participants must be 15 years old by the end of the course and pass the pre-test* before taking the course. Please Check www.somersetcountyyymca.org for requirements. Review materials before taking course (an online link will provided once registration is completed).									
Pretest 1		15+		Bridgewater YMCA	12:00pm	1hr	12/27	\$25	\$25
Course 1		15+		Bridgewater YMCA	1:00pm 12:00pm 11:00am	4hr 7hr 7hr	12/27 12/28 12/29	\$300	\$350
LIFEGUARDING REVIEW COURSE									
Update your Lifeguard/First Aid and CPR/AED certifications. Curriculum includes testing of in-water practical skills, on-land practical skills and two final written exams. No classroom work, reading materials, or rescue equipment included.									
Review Course 1		17+		Somerville YMCA	8:00am	9hrs	11/10	\$150	\$200
Review Course 2		17+		Bridgewater YMCA	9:00am	9hrs	12/30	\$150	\$200

Bridgewater YMCA | 908 526 0688 | Somerville YMCA | 908 722 4567 | www.somersetcountyyymca.org

Registration: Members: Oct. 22 • 6:00pm | Community: Oct. 29 • 10:00am