

Montclair YMCA Dolphins Lifeguard Course and LG/CPR/1st
Aid Recertification For Competitive Swimmers

Proceeds (if any) will support the Montclair YMCA Dolphins
Sectional, Jr National and Y National Team

We designed this course as a “crash” course for aquatic athletes so that there is little to no disruption to their training schedule as is common with a more typical two night pre week course. To qualify for this course you must currently be on a year round competitive swim team and have a 500 time that is 8:30 or faster.

Dates: 4/18 & 19 2009

Times: 9:00am -8:00pm (bring snacks and lunch)

Cost: \$250 – checks are made out to Montclair YMCA and handed to Jon Siegel, or left at the front desk in an envelop labeled Jon Siegel before the first day of the class.

All materials necessary for the course can be picked up on Monday 4/13 so the course participants can go over them

You must sign up by 4/1 in order to attend. To sign up e-mail jpsiegelnj@aol.com with the info below or fill out form and leave at front desk for Jon Siegel or mail to Jon Siegel – Montclair YMCA, 25 Park Street, Montclair NJ 07042

We must have 8 people to run this course

Re-certification will be offered on Sunday 4/26 at 10:00 – You must pre-register for these courses by 4/15

Lifeguarding \$180
CPR or First Aid \$50

Re-Cert and testing schedule along with any changes to this course will be posted on the mail page at www.montclairymcaswimming.com

NAME_____

AGE_____ B-DAY_____

E-MAIL ADDRESS_____

PHONE # _____

SWIM CLUB_____

CHECK:

FULL LG COURSE_____

LG RE-CERT_____

FIRST AID RE-CERT_____

CPR RE-CERT_____