

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 7:30 or faster.

Dates of course 1: 5/8 & 9 2010

Dates of Course 2: 5/15 & 16 2010

Times: 9:00am -7:00pm (bring snacks and lunch – end time may be slightly earlier)

Cost: \$300 – checks are made out to Montclair YMCA Swim Team and need to be handed to Jon Siegel, or left at the front desk in an envelop labeled Jon Siegel 1 week before the first day of the class.

All materials necessary for the course 1 can be picked up on Monday 5/3 and for course 2 Monday 5/10 so the course participants can go over them . It will be expected that all course participants will have read the materials before the first day of the class.

You must sign up by 5/1 in order to attend the first weekend and 5/8 in order to attend the second weekend. To sign up e-mail jpsiegelnj@aol.com with the info below or fill out form and leave check 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 and there will be no more then 12 in either course.

Re-certification will be offered as well. Please contact Jon for information.

Lifeguarding \$200
CPR or First Aid \$75

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 _____