

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

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 per week course. To qualify for this course you must currently be on a year round competitive swim team, be 15 years of age at the start of the course and have a 500 time that is 7:30 or faster.

Dates of course 1: 5/14th 2011

Dates of Course 2: 5/21st 2011

Times: 9:00am -7:00pm

(Bring snacks and lunch – end time may be slightly earlier)

Cost: \$350 members

\$450 non-members

\$275 recert Lifeguard

\$125 recert CPR Pro

(Please register at our welcome desk. Registration will close 5/5, first come first served)

All materials necessary for the course can be picked after Thursday 5/5 in the aquatic office so the course participants can go over them ahead of time. It will be expected that all course participants will have read the materials before the first day of the class.

We must have at least 8 people to run this course and there will be no more than 15 in course.

If you have questions, please contact Sam Hassan at shassan@montclairymca.org