

Montclair YMCA Dolphins Lifeguard Training Class:

New to the Montclair YMCA Dolphins for 2007 is a course in Lifeguard Training that fits right into the common break time for competitive swimmers. This course is only for Montclair YMCA Dolphins or athletes that have been pre-approved for participation by Jon Siegel. If you are not on the Dolphins swim team and would like to take this course, contact Jon Siegel at jsiegelnj@aol.com

Note – This course requires extensive swimming and will be too intense for weaker swimmers due to time constraints.

Dates and Times:

Thursday April 19th 6:00-9:30
Friday April 20th 6-10
Saturday April 21 11-7
Sunday April 22 10-8
Tuesday April 24 5-10

Course Costs: Checks payable to Montclair YMCA

Course: \$175
Book: \$35
CPR Mask: \$15
Team Donation: \$15
Total: \$240 – Checks made to Montclair Y Swim Team

Contact:

Please contact Tara O'Shea at osheat1@yahoo.com with any questions or concerns. Please put Dolphins Lifeguarding Class in the subject line.

Registration: An e-mail to osheat1@yahoo.com will suffice providing you bring a check to the first class. It is crucial that you e-mail Tara by 4/10 if you plan on participating we may be able to get the texts to you ahead of time as the course is less than a week in duration so some prep work will need to be done. Please arrange to pick up books before the class starts ahead of time with Tara.

Requirements:

1. All participants will need to bring proof of age and must be 15 by the last day of class
2. All participants must attend every class for the duration
3. All participants must have the ability to swim a 300 which includes 100 yards freestyle 100 yards breaststroke and swim 25 yards dive down 10 feet pick up a 10 lb brick and swim back 25 yard in 1:40.
4. All participants must pass a written and physical test in order to be certified.