



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Welcome to the Rockland County YMCA Aquatic Program!

Dear Lifeguarding Candidates,

Thank you for choosing the Rockland County YMCA for your certification in Red Cross Lifeguarding. Upon successful completion of this course you will be certified by the American Red Cross (ARC) in Lifeguarding/First Aid (valid for 2 years) and CPR/AED Professional Rescuer (valid for 1 year).

To successfully complete this class you must:

1. Complete an online learning component – Please allow enough time to complete this section it will take approx. 7.5 hours. Once completed it will generate a certificate for you that you must print out and bring to your instructor on the first day of class. Failure to complete the online component will result in dismissal from the class. Online work is still expected to be completed no matter when you register for the class. To start the online work you need to create an account and then proceed from there.

Here is the link for the online portion of the class:

<http://redcrosslearning.com/course/73031950-15c1-11e7-b4e0-51657ecd06af>

Here is the link to the online textbook, scroll down to lifeguard manual:

<https://www.redcross.org/take-a-class/participant-materials>

2. Pass the prerequisite skills test- you will be tested on the first day of class:

Swim 300 yards continuously, using both front crawl and breaststroke. In the following order: 100 yards of front crawl (a.k.a. freestyle) using rhythmic breathing and a stabilizing, propellant kick. 100 yards of breaststroke, 100 yards of either front crawl or breaststroke.

Surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface, and swim 20 yards back to the starting point with the object (with both hands and must keep your face above water) and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Tread water for 2 minutes without support and without stopping, only legs can be used, arms must be placed across chest, hands in armpits.

**If you have ANY questions about being able to pass these skills PLEASE contact the Aquatics Department BEFORE you come to class-we can arrange a time to do an evaluation.
There are no refunds if you cannot pass the pre-test.**

The class runs the times indicated in your welcome email and we will be in the pool every day. Please bring drinking water, bathing suit and towels. We will have a dinner/ lunch break and you can bring food or leave the Y to buy food. Any questions can be directed to James Mullen (845) 643-3057 or jmullen@rocklandymca.org We look forward to swimming with you!

Sincerely,
James Mullen, Aquatics Director