

Huntington YMCA
A Branch of the YMCA of Long Island, Inc.
60 Main St. Huntington, NY 11743
631-421-4242

Spring 2012

LIFEGUARD CLASS

Wednesdays 6:00pm-10:00pm

AMERICAN RED CROSS LIFEGUARD TRAINING (ages 15+)

Emphasis on accident prevention, aftercare, rescue techniques and lifeguard responsibilities.
Course includes certifications in CPR/AED, Oxygen administration, and First Aid.

Participants must complete the swim test to continue with the training.

Test consists of 100yd front crawl, 100yd breaststroke, 100yd front crawl & breaststroke combo,
20yd swim out and back with surface dive to retrieve a 10lb brick (this is a timed event).

Registration: January 30th, Monday at 6:00pm in person at the Rauch Desk.

******Membership is not required.*

SWIM TEST: February 15th, Wednesday 7:30 - 10:00pm

WHEN: Wednesdays 6:00pm – 10:00pm

DATES: February 29th
March 7th
14th
21st
28th

*******NO Class April 4th*******

April 11th
18th
25th
May 2nd
9th

*****No Absences Permitted*****

IF YOU CANNOT COMPLETE THE REQUIREMENTS FOR THE SWIM TEST, THERE IS A \$50.00 NON- REFUNDABLE CHARGE

***** NO REFUNDS GIVEN AFTER THE SWIM TEST*****

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Spring 2012 LIFEGUARD CLASS

Sundays 12:00pm-4:45pm

AMERICAN RED CROSS LIFEGUARD TRAINING (ages 15+)

Emphasis on accident prevention, aftercare, rescue techniques and lifeguard responsibilities.
Course includes certifications in CPR/AED, Oxygen administration, and First Aid.

Participants must complete the swim test to continue with the training.

Test consists of 100yd front crawl, 100yd breaststroke, 100yd front crawl & breaststroke combo, 20yd swim out and back with surface dive to retrieve a 10lb brick (this is a timed event).

Registration: January 30th, Monday at 6:00pm in person at the Rauch Desk.

******Membership is not required.*

SWIM TEST: February 12th, Sunday 2:00pm-3:30pm

WHEN: Sundays 12:00pm – 4:45pm

DATES: March 4th
 11th
 18th
 25th
 April 1st

*******NO Class April 8th*******

 15th
 22th
 29th
 May 6nd

*****No Absences Permitted*****

IF YOU CANNOT COMPLETE THE REQUIREMENTS FOR THE SWIM TEST, THERE IS A \$50.00 NON- REFUNDABLE CHARGE

***** NO REFUNDS GIVEN AFTER THE SWIM TEST*****

