



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATERFRONT LIFEGUARDING

LAKELAND HILLS FAMILY YMCA

This Red Cross course will certify individuals in waterfront lifeguarding, CPR for the Professional Rescuer, First Aid, and AED. Participants must be at least 15 years of age by the last day of class.

WHEN

Sunday, Sept. 29: 3-7pm Sunday, Oct. 6: 3-7 pm
Monday, Sept. 30: 6-10 pm Monday, Oct 7: 6-10 pm
Wednesday, Oct 2: 6-10 pm Wednesday, Oct 9: 6-10 pm

FEES & REGISTRATION

Members \$340/Non-Members \$365

Registration online, in person, or call the Y

REQUIREMENTS

Please refer to our website for course requirements which must be completed by the first day of class

MORE INFO

Attendance is critical; absences may result in no certification

Contact Ed Soder, Aquatic Director, with any questions:
eds@lhymca.com

LAKELAND HILLS FAMILY YMCA
100 Fanny Road, Mountain Lakes, NJ 07046
P 973 334 2820 F 973 334 1308
www.lakelandhillsymca.com



19FL1 GUARD