



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAINED TO SAVE LIVES

## Lifeguard Certification Course (10 Participants Max) NEW BRITAIN-BERLIN YMCA

**WHEN:** Friday, April 5th 6PM-7:30PM (Pre-Test)

**PRE-TEST:** All PARTICIPANTS MUST PASS TO PARTICIPATE IN COURSE.

Swim 300 yards (12 laps) continuously on front, tread water for 2 minutes using legs only, and complete a timed event within 1 minute 40 seconds (surface dive to retrieve a 10lb object).

Saturday, April 6th 11AM-5PM

Saturday, April 13th 11AM-5PM

Saturday, April 20th 11AM-5PM

Saturday, April 27th 11AM-5PM

Saturday, May 4th 11AM-5PM

Saturday, May 11th 11AM-5PM

**\*MUST ATTEND ALL CLASSES**

**PRICE:** Members- \$275.00

Program Members- \$300.00

Non-Members- \$350.00

**\*MUST BE 15 YEARS OLD TO PARTICIPATE**

**LOCATION:** NEW BRITAIN-BERLIN YMCA  
50 High Street  
New Britain, CT 06051  
860-229-3787 x145  
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