



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, October 23rd 5pm-10pm  
Saturday, October 24th 10am-9pm  
Sunday, October 25th 10am-9pm  
(MUST ATTEND ALL CLASSES)

**PRICE:** \$350.00  
(MUST BE 15 YEARS OLD TO PARTICIPATE)

**Location:** New Britain-Berlin YMCA  
50 High Street  
New Britain, CT 06051  
860-229-3787



**\*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).

**FUTURE CLASSES INCLUDE:**  
November 20th– November 22nd