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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAINED TO SAVE LIVES

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

**WHEN:** Friday, January 15th 5pm-10pm  
Saturday, January 16th 10am-9pm  
Sunday, January 17th 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  
\*MASKS REQUIRED



**\*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).