



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFETY FIRST

2017 American Red Cross Classes

Basic Level Courses

Babysitter's Training

Class Description: Provides young teens who plan to babysit with much needed information to safely care for children and infants. This class will teach participants basic child care and first aid as well as develop leadership skills necessary to care for children. Participants will also learn to create a safe environment for themselves and others. Participants are also taught how to run their own babysitting business. Recommended age: 11-15 years old. **Must attend all class sessions to obtain a certificate.**

Cost: \$150

Days	Dates	Times
Friday	04/07/2017	4:30p-8:30p
Saturday	04/08/2017	1:30p-5:30p

CPR and First Aid

Class Description: Teaches participants how to administer CPR and First Aid for adults, children and infants. In this class you will learn to manage a variety of cardiac and medical emergencies. Successful participants will receive an American Red Cross Certification in First Aid/CPR/AED which is good for 2 years.

Cost: \$110

Day	Dates	Times
Saturday	01/14/2017	9:00a-2:30p
Saturday	02/25/2017	9:00a-2:30p

Aquatics Classes

Junior Lifeguarding

Class Description: Provides young teens with an interest in someday becoming a Lifeguard with a foundation and basic knowledge of what it takes to be a lifeguard. This class teaches basic lifesaving skills and builds stamina. Prospective participants must pass a pre-course assessment prior to the first day of class to successfully gain entry into the class. Required ages: 11-14 years old. **Must attend all class sessions to obtain a certificate.**

Cost: \$250 for GMY Members \$295 for Non-Members

Pre-Requisites: Participants must pass a pre-course test to evaluate swimming abilities. The pre-course consists of:

1. Swim front crawl for 25 yards continuously while breathing to the front or side.
2. Swim breaststroke for 25 yards using a pull, breathe, kick and glide sequence.
3. Tread water for 1 minute using the arms and the legs
4. Floating on the back for 30 seconds or swimming 25 yards of elementary backstroke or back crawl.
5. Submerge and swim a distance of 10 feet underwater.

July Junior Lifeguarding Class Information

Class is on Monday and Friday afternoons from 5:00pm-9:00pm. Class runs from 7/3/2017-7/31/2017
Participants can complete the pre-course (details at left) on either 6/26/17 or 6/30/17 at 6:00pm

Aquatics Classes

Lifeguard Training

Class Description: Gives participants the knowledge and skills needed to prevent and respond to aquatic emergencies. Upon successful completion of all class skills, participants will receive certification in Lifeguard/First Aid/CPR/AED good for 2 years. All participants must be 15 years of age by the class completion date, and must complete a pre-course assessment in order to be eligible to participate in the course. Pre-Course must be completed prior to the first day of class. **Must attend all class sessions and complete all online components to obtain certification.**

Cost: \$350 for GMY Members \$395 for Non-Members

Pre-Requisites: Participants must pass a pre-course test to evaluate swimming abilities. The pre-course consists of:

1. 300 yard swim using front crawl or breaststroke
2. 2 minute tread using legs only.
3. 20 yard swim, retrieval of a 10 lb. weight from 7-10 foot depth and return to the start point using legs only while holding the weight, and climb out of the pool in 1 minute and 40 seconds or less.

Class	Days	Start Date	End Date	Times	*Pre-Course	Pre-Course
March	Fri	3/10/17	3/31/17	4:00p-9:00p	2/27/2017	4:00p
					3/1/2017	4:00p
April	Fri	4/7/17	4/28/17	4:00p-9:00p	3/29/2017	4:00p
					3/31/2017	4:00p
May	Fri	5/5/17	5/26/17	4:00p-9:00p	4/26/2017	4:00p
					4/28/2017	4:00p
June	Fri	6/9/17	6/30/17	4:00p-9:00p	5/31/2017	4:00p
					6/2/2017	4:00p

***Participants must choose one of the pre course dates for the class that they are enrolling.**

Lifeguarding Instructor Training

Class Description: Gives Instructor Candidates the tools needed to teach the American Red Cross (ARC) Lifeguard Class and it's components. Participants must be 17 years of age, hold a valid ARC Lifeguard/First Aid/CPR/AED Certification and complete all of the pre-course requirements to be accepted into the class. Upon successful completion, participants will receive an American Red Cross Lifeguarding Instructor Certification Valid for 2 years. **Must attend all class sessions to obtain a certification.**

**Cost: \$450 for GMY Members
\$495 for Non-Members**

Pre-Requisites: Participants must possess a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED. Before participating in the pre-course skills session, participants must also complete an online orientation to the American Red Cross. The pre-course skills evaluation consists of:

1. 300 yard swim using front crawl or breaststroke
2. 2 minute tread using legs only.
3. 20 yard swim, retrieval of a 10 lb weight from 7-10 foot depth and return to the start point using legs only while holding the weight, and climb out of the pool in 1 minute and 40 seconds or less.
4. Pass four rescue skill scenarios that test lifeguarding and CPR skills

Days	Dates	Times
*Friday	05/05/2017	4:00p-8:00p
Friday	05/12/2017	4:00p-9:00p
Friday	05/19/2017	4:00p-9:00p
Friday	05/26/2017	4:00p-9:00p
Friday	06/02/2017	4:00p-9:00p

***Pre-Course Session**

Questions? Contact: swim@morristownymca.org
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