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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFER WATERS

American Red Cross Lifeguard Certification Course BERKSHIRE FAMILY YMCA



Northern Berkshire Branch— May 18, 19 & 25 from 8:00AM- 4:00PM

Ever wanted to learn how to save a life? With our American Red Cross lifeguard certification course, you can do just that. Participants will learn lifeguarding skills, how to perform CPR on an adult, child and infant, how to use an AED, and necessary first-aid skills. Upon successful course completion, participants will be certified in American Red Cross Lifeguarding, American Red Cross CPR/AED for the Lifeguard, and American Red Cross Basic First Aid.

- • Must be at least 15 years old by end of class
- • Must attend & pass Free Pre-Course Swim Test
- • Class participants will receive a CPR resuscitation mask
- Lifeguard opportunities at the Y's Pittsfield & Northern Berkshire Branches, BCC, & Berkshire Hills

DETAILS: Required Free Pre-Course Swim Test May 10, 4:00pm
After passing the free test, participants will receive a registration form and can register for the class at the Y.
Members and Non-members: \$200. Financial assistance is available.

CLASSES: Required: Must attend all class sessions

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