



Looking for that summer job?

RED CROSS LIFEGUARD TRAINING

THURSDAY, JUNE 2
PRE-WATER TEST
6:00 PM – 7:00 PM
300-yard continuous swim,
10-lb brick retrieval,
2-minute treading water

FRIDAY, JUNE 3
ORIENTATION / LESSON 1
6:00 PM – 8:00 PM

SATURDAY, JUNE 4
LESSONS 2 to 5
9:00 AM – 6:00 PM

SUNDAY, JUNE 5
LESSONS 6 to 9
9:00 AM – 6:00 PM
includes written and water test

HOLLAND TOWNSHIP IS OFFERING A LIFEGUARD TRAINING COURSE AT RIEGEL RIDGE COMMUNITY POOL.



This class includes instruction in Lifeguarding, CPR/AED and First Aid!

TO EARN A RED CROSS LIFEGUARD CERTIFICATE, YOU MUST:

- Be 15 years of age by June 5, 2022
- Pass the required written and water tests in Lifeguarding, CPR and First Aid

INSTRUCTORS:

- Donna Gelegonya and Bruce Carney (Del Val Class of 2000)

COST:

- \$325 (this certificate is good for two years)
- Includes books, pocket mask for CPR, Red Cross certificates

TO REGISTER:

- Email: coachg09@gmail.com

For more information, contact: Jessica Neglia, Parks & Recreation Director • director@riegelridgecc.org
Riegel Ridge Community Center • 910 Milford Warren Glen Road • Milford, NJ • 908-995-9260