



**YMCA of  
Newfoundland and Labrador**



**Become a  
Lifeguard!**

*Learning* starts here.

## Ches Penney Family YMCA

35 Ridge Road, P.O. Box 21291  
St. John's, NL A1A 5G6

T: (709) 726-YMCA (9622)  
F: (709) 576-0410

### Bronze Medallion

July 7-9, 2017  
Friday-Sunday, 10am-5pm

Members: \$155 + HST  
Non-Members: \$175 + HST  
(includes manual)

### Bronze Cross

August 11-13, 2017  
Friday-Sunday, 10am - 5pm

Members: \$155 + HST  
Non-Members: \$175 + HST  
(includes manual)

### SFA Re-Cert

August 24, 2017  
Thursday, 3:30pm-9:30pm

Members: \$55 + HST  
Non-Members: \$75 + HST

Note: Proof of previous  
Standard First Aid  
Certification required

### Lifesaving Fitness (ages 10-14)

July 7 - August 25, 2017  
Fridays, 6:15 pm - 7:30 pm

In this course, participants  
will learn the importance of  
physical fitness in lifesaving.  
This is a complimentary  
course, open to all members.  
Registration and regular  
attendance is required.

## Marystown YMCA

255-263 McGettigan Blvd.  
Marystown, NL A0E 2M0

T: (709) 279-YMCA (9622)  
F: (709) 279-0587

### Bronze Medallion

July 27-29, 2017  
Thursday & Friday, 9am-5pm  
Saturday, 5pm-9pm

Members: \$155 + HST  
Non-Members: \$175 + HST  
(includes manual)

### Bronze Cross

August 10-12, 2017  
Thursday & Friday, 9am-5pm  
Saturday, 5pm-9pm

Members: \$155 + HST  
Non-Members: \$175 + HST  
(includes manual)

### Standard First Aid

July 14-16, 2017  
Friday, 4pm-10pm  
Saturday & Sunday, 1pm-6pm

Members: \$100 + HST  
Non-Members: \$120 + HST  
(includes manual)

### SFA Re-Cert

August 12, 2017  
Saturday, 12:30pm-6:30pm

Members: \$55 + HST  
Non-Members: \$75 + HST

Note: Proof of previous  
Standard First Aid  
Certification required

**Register today!**

**Note: Minimum age of 13 or certified in Bronze Star**

**www.ymcanl.com**  
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