



YMCA of  
Newfoundland and Labrador



become a  
**lifeguard**

Learning starts here.

2017-2018

## 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

- Option 1:** Oct 15, 22, 29 (Sun)
- Option 2:** Jan 14, 21, 28, 2018 (Sun)
- Option 3:** Apr 15, 22, 29, 2018 (Sun)

**Time:** 8:30 am - 3:30 pm

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

### Standard First Aid

- Option 1:** Sept 23-24 (Sat-Sun)
- Option 2:** Feb 3-4, 2018 (Sat-Sun)
- Option 3:** May 5-6, 2018 (Sat-Sun)

**Time:** 10:00 am - 5:00 pm

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

### Bronze Cross

- Option 1:** Nov 12, 19, 26 (Sun)
- Option 2:** Feb 11, 18, 25, 2018 (Sun)
- Option 3:** May 13, 20, 27, 2018 (Sun)

**Time:** 8:30 am - 3:30 pm

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

### Standard First Aid Recertification

- Option 1:** Sept 18 (Mon)
- Option 2:** Feb 12, 2018 (Mon)
- Option 3:** Jun 4, 2018 (Mon)

**Time:** 3:30 pm - 9:30 pm

**Cost:** Members: \$55 +HST / Non-Members: \$75 +HST

Note: Proof of previous Standard First Aid Certification required.

**Register today!**

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

[www.ymcanl.com](http://www.ymcanl.com)  
CRA # 108225533RR0001



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## Marystown YMCA

255-263 McGettigan Blvd., P.O. Box 1308, Marystown, NL A0E 2M0  
T: (709) 279-YMCA (9622) F: (709) 279-0587

### Bronze Medallion

October 13-15, 2017 (Friday-Sunday)  
Friday: 5:00 pm - 9:00 pm  
Saturday & Sunday: 9:00 am - 5:00 pm  
Members: \$155 +HST / Non-Members: \$175 +HST  
(includes manual)

### Standard First Aid

October 27-29, 2017 (Friday-Sunday)  
Friday: 4:00 pm - 9:00 pm  
Saturday & Sunday: 1:00 pm - 6:00 pm  
Members: \$100 +HST / Non-Members: \$120 +HST  
(includes manual)

### Bronze Cross

December 1-3, 2017 (Friday-Sunday)  
Friday: 5:00 pm - 9:00 pm  
Saturday & Sunday: 9:00 am - 5:00 pm  
Members: \$155 +HST / Non-Members: \$175 +HST  
(includes manual)

### Standard First Aid Recertification

November 25, 2017  
Saturday, 12:30 pm - 6:30 pm  
Members: \$55 +HST  
Non-Members: \$75 +HST  
Note: Proof of previous Standard First Aid Certification required.

**Register today!**

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

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