



YMCA BUFFALO NIAGARA

Contact: Rose Max, Aquatics Coordinator

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Delaware YMCA Offers Lifeguard Certification Course

(Buffalo, NY) – The Delaware YMCA, located at 2564 Delaware Ave., Buffalo is pleased to be able to offer a YMCA Lifeguard Certification Course. The 40-hour course that will begin October 26- November 30, is designed to give participants the basic skills and knowledge needed to be lifeguards in pools, lakes, rivers, surf, and water parks.

This comprehensive course offers up to date information on how to guard, anticipate and prevent problems, and take action to help those in danger. The program also covers safety and survival skills every swimmer needs to know including:

- accident prevention
- guarding techniques
- emergency system rescue skills
- first-aid in aquatic environments
 - spinal injury management
- weather and open water dangers
- legal responsibilities and pool management

The course is \$225.00 and YMCA members are eligible for a discounted rate. CPRO, AED, First Aid, and Oxygen administration certifications are also included as part of the course. Registration is required and attendance is mandatory at all classes in order to receive certification. For more information, please contact the aquatics coordinator, Rose Max at 875-1283.

YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. Founded locally in 1852, the YMCA is committed to significantly expanding a fiscally sound, service delivery organization which delivers high quality, market driven services to a growing Western New York constituency.

As a dynamic, charitable, organization, YMCA Buffalo Niagara has been able to assist countless youth, families, and senior citizens so that they may benefit from YMCA programming. YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York, YMCA resident Camp Weona as well as 40 community based program sites. From fitness to school age child care programs, swimming lessons to camp, there is something for everyone at the YMCA. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at www.ymcabuffaloniagara.org.

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