



For Immediate Release: 9/4/09

Contact: Elissa Kammer, Program Director, Southtowns Family YMCA

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Southtowns YMCA to offer Lifeguard Certification Course

(West Seneca, NY) – The Southtowns Family YMCA is pleased to offer Lifeguard Certification courses **beginning Tuesday September 8, 2009**. This 40 hour course is designed to give participants the basic skills and knowledge needed to be lifeguards in the pool, 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. YMCA Life guarding includes:

- American Red Cross CPR for professional rescuer/AED
- First Aid
- Oxygen Administration

The course is \$225 and YMCA members are eligible for a discount. Registration will not be accepted unless payment is received. **In order to receive certification participants must attend ALL classes.**

Training is available on:

Day	Date	Time
Tuesday	9/8/09	5:30-9:30 pm
*Thursday	9/10/09	5:30 – 9:30 pm
Tuesday	9/15/09	5:30 – 9:30 pm
Wednesday	9/16/09	5:30 – 9:30 pm
Monday	9/21/09	5:30 – 9:30 pm
Wednesday	9/23/09	5:30 – 9:30 pm
Saturday	9/26/09	11:00 am – 5:00 pm
Sunday	9/27/09	11:00 am – 5:00 pm
Monday	9/28/09	5:30 – 9:30 pm
Tuesday	9/29/09	5:30 – 9:30 pm

Classes take place at the Southtowns Family YMCA located at 1620 Southwestern Blvd. in West Seneca, NY 14224, except for the 9/10/09 class which will be held at the YMCA Corporate Office located at 280 Cayuga Rd., Buffalo NY 14225. Please contact the member services desk for more information at 674-9622.

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.

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Lifeguard Training Certification
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As a dynamic, charitable, community-based organization led by volunteers, YMCA Buffalo Niagara has been able to assist tens of thousands of youth, families, and senior citizens so that they can take part in YMCA membership programs.

YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York and YMCA Resident Camp Weona. 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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