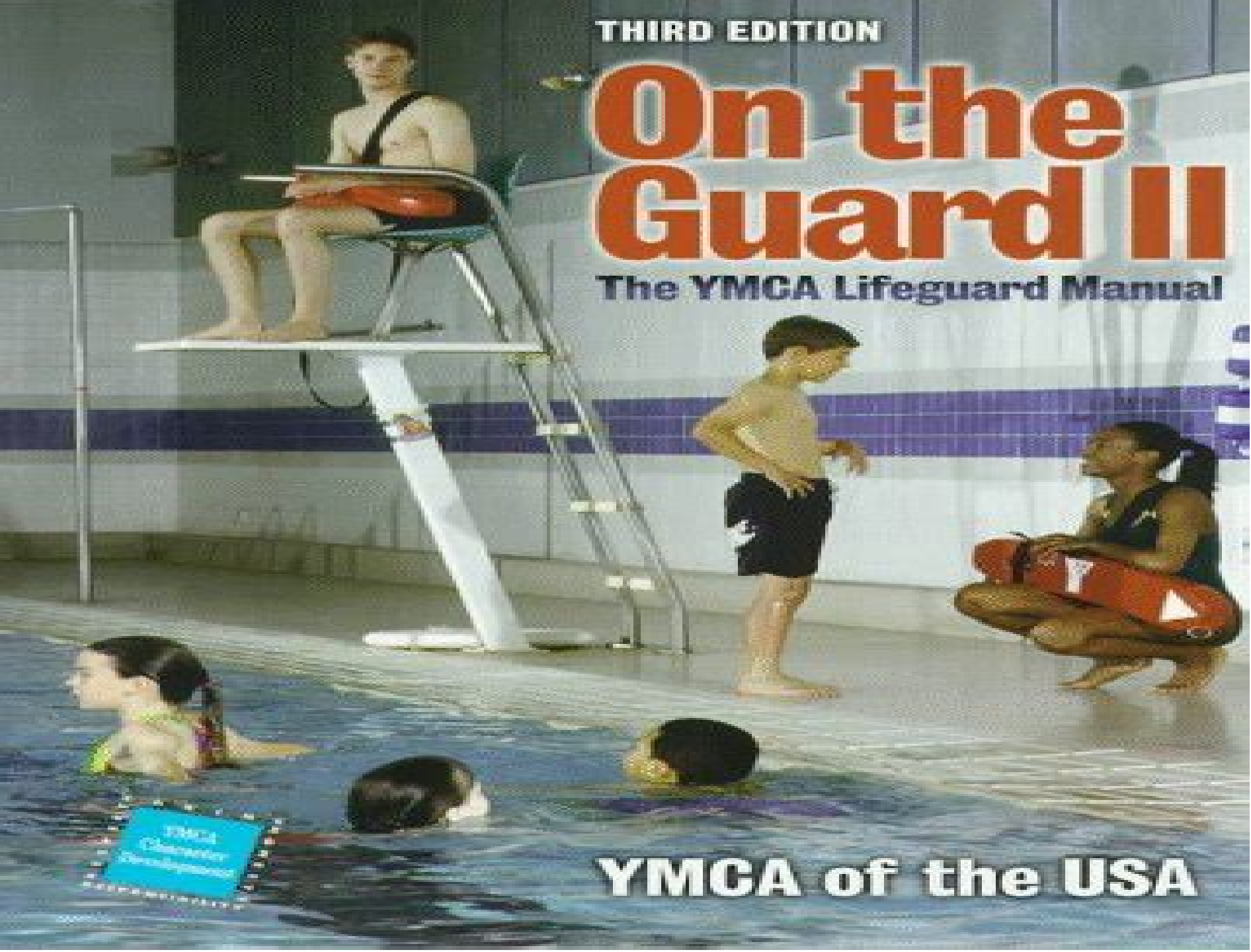


THIRD EDITION

On the Guard II

The YMCA Lifeguard Manual



YMCA of the USA

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