

2021 LIFEGUARD CERTIFICATION COURSE INFO

Upon successful completion of the Lifeguard Certification training course, participants will be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. All lifeguarding certifications are valid for 2 years with the exception that CPR/AED certifications must be updated every year per the State of Nebraska.

All questions can be directed to Assistant Aquatics Director, Sydney Beran: sydneyb@fremontfamilyymca.org.

Step 1: You need to register for and complete a **Pre-Course Skills Test**: Candidate must demonstrate: proficiency in both front crawl and breaststroke for 300 yards continuously; the ability to tread water without using their hands for 2 minutes; the ability to complete a timed element retrieving a 10lb brick from the 12-foot deep end. *Pre-Course skills test typically will take less than 30 minutes.

Step 2: Upon successful completion of the pre-course skills test, you are eligible to register for a Lifeguarding Certification course.

Lifeguard RECERT students can take one of the scheduled classes, but you will only be required to attend specific parts of the scheduled class for a certification renewal. If you were previously certified, but more than 30 days has passed, you will need to take the course in its entirety.

	<u>Dates</u>	<u>Times for FULL class</u>	<u>Times for RECERTS</u>		<u>Dates</u>	<u>Times for FULL class</u>	<u>Times for RECERTS</u>
#1	Fri 3.5	5-9p	No	#4	Fri 4.30	5-9p	No
	Sat 3.6	8a-4p	8a-4p		Sat 5.1	8a-4p	8a-4p
	Sun 3.7	8a-4p	12-4p		Sun 5.2	8a-4p	12-4p
#2	Fri 3.26	5-9p	No	#5	Fri 5.14	5-9p	No
	Sat 3.27	8a-4p	8a-4p		Sat 5.15	8a-4p	8a-4p
	Sun 3.28	8a-4p	12-4p		Sun 5.16	8a-4p	12-4p
#3	Fri 4.16	5-9p	No	#6	Wed 5.26	8a-4p	no
	Sat 4.17	8a-4p	8a-4p		Thurs 5.27	8a-4p	8a-4p
	Sun 4.18	8a-4p	12-4p		Fri 5.28	8a-12p	8a-2p

Note(s):

- Participants must be 15 years of age by the last day of class to be eligible for certification.
- Class space is limited, therefore is first-come, first-served.
- Attendance is **required** during all course-meeting times; breaks will be given for lunch.
- Bring appropriate swim attire, a towel, snacks/drinks, lunch, and Lifeguard Manual.

Students can access the manual online. Google search "Red Cross Lifeguard Manual": download this to your own device. -OR- Books will be available to use for the duration of the course.

Class:	Member:	Non-Member:	<i>Full payment is due at registration. Financial assistance is available per request. Withdrawal from the course within 5 days to the first day of class can receive a 50% refund. Withdrawal from the course on the day class begins will not receive a refund.</i>
Pre-Course Skills Test	\$10	\$20	
Lifeguarding Certification	\$150	\$180	
Lifeguarding Re-certification	\$75	\$100	