

# PRE-COURSE SKILLS TEST

# NORTHEAST YMCA

## THIS TEST MUST BE COMPLETED TO REGISTER FOR LIFEGUARD TRAINING IN-CLASS SKILL SESSION

FIRST TIME OR IF YOUR LIFEGUARD CERTIFICATE EXPIRED MORE THAN 30 DAYS

### 300-YARD SWIM

Candidate must demonstrate proficiency in both Front Crawl and Breast Stroke. There is not a time limit but it must be continuous. We recommend practicing ahead of time. We offer Pre-Course Conditioning Class ( see lesson brochure) or Private Lesson.

### TREADING WATER

Candidate must demonstrate the ability to tread water without using their hands for two minutes.

### TIMED ELEMENT

Candidate will have 100 seconds to swim 20 yards, surface dive to the bottom of the 10 feet, retrieve a 10-pound object, return 20 yards on the back, and exit the pool.

⇒ You can register for the pre-course test online. See FAQ Section on the website for additional information.

<b>DECEMBER 2020</b>	Tues 29th & Wed 30th	2:00-3:00pm
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SUNDAY	TIMES
JANUARY 24	3:00-4:00pm
FEBRUARY 7	3:00-4:00pm
MARCH 21,28	3:00-4:00pm
APRIL 11,25	3:00-4:00pm
MAY 2	3:00-4:00pm
AUGUST 22	3:00-4:00pm

WEDNESDAY	TIMES
JANUARY 20,27	6:30-7:30pm
FEBRUARY 3,24	6:30-7:30pm
MARCH 10,24	6:30-7:30pm
APRIL 7,14,28	6:30-7:30pm
MAY 5,12	6:30-7:30pm
AUGUST 4	6:30-7:30pm

<b>Y Member: \$15</b>	<b>Y Non-Member: \$30</b>
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# LIFEGUARD TRAINING IN-CLASS SKILL SESSION

# NORTHEAST YMCA

1. Candidate must pass the pre-course swim test in order to register for the in class skill session.
2. You must register at the branch after successful completion of the pre course test.
3. Participant will receive a blended learning link two weeks before class to complete the 7 hour online learning.

⇒ This must be done before the first day of class in order to participate.

⇒ You must show the instructor your proof of completion.

⇒ Attendance is required during all course meeting times. No exceptions will be made.

Dates	Day	Time
January 9 & 10	Saturday Sunday	8am-5pm 8am-5pm
February 20 & 21	Saturday Sunday	8am-5pm 8am-5pm
April 10 & 11	Saturday Sunday	8am-5pm 8am-5pm
April 24 & 25	Saturday Sunday	8am-5pm 8am-5pm

Dates	Day	Time
May 8 & 9	Saturday Sunday	8am-5pm 8am-5pm
May 15 & 16	Saturday Sunday	8am-5pm 8am-5pm
May 22 & 23	Saturday Sunday	8am-5pm 8am-5pm
August 28 & 29	Saturday Sunday	8am-5pm 8am-5pm

<b>Y Member \$150</b>	<b>Y Non-Member \$175</b>
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- Max of ten participants per class at this time. See FAQ Section on the website for additional information.
- Instructor and participants will provide and wear a face covering during the course. With the exception of in water sessions. Masks should not be worn in the water at any time
- Classroom settings will be set up to maintain social distancing
- Participants will stay in the same practice groups during the class

## LIFEGUARD RECERTIFICATION CLASS

- ⇒ This review class is for individuals who are currently lifeguard-certified. You can register online for this class.
- ⇒ LG and CPR/AED/First Aid Review (Required every two years before or within 30 days of expiration date)
- ⇒ You must present your current certification on the first day of class to participate.
- ⇒ Attendance is required during all course meeting times. No exceptions will be made.
- ⇒ This class is a skills class and does not require an online element.
- ⇒ 2021 COVID Exception If you are past your 30 day expiration you can take the online 7hr blended learning and still take the review course. You will receive the link to copy during registration. You must present proof of completion the first day.

Dates	Day	Time
January 9 & 10 Northeast Y	Saturday Sunday	8am-5pm 8am-1pm
February 6 & 7 Cooper Y	Saturday Sunday	8am-2pm 8am-2pm
March 6 & 7 Cooper Y	Saturday Sunday	8am-2pm 8am-2pm
April 10 & 11 Cooper Y	Saturday Sunday	8am-2pm 8am-2pm

Dates	Day	Time
April 17 & 18 Cooper Y	Saturday Sunday	8am-2pm 8am-2pm
May 1 & 2 Cooper Y	Saturday Sunday	8am-2pm 8am-2pm
August 28 & 29 Northeast Y	Saturday Sunday	8am-2pm 8am-2pm
November 13& 14 Cooper Y	Saturday Sunday	8am-5pm 8am-1pm

**Y Member: \$75      Y Non-Member: \$130**

## CPR/AED/FIRST AID REVIEW ONLY

- ⇒ In Nebraska, you are required to take a CPR for the professional rescuer review class every year.
- ⇒ This class is a skills class and does not require an online element. You can register online for this class.

Dates	Day	Time
January 9 Northeast Y	Saturday	8am-2pm
February 6 Cooper Y	Saturday	8am-2pm
March 6 Cooper Y	Saturday	8am-2pm
April 10 Cooper Y	Saturday	8am-2pm

Dates	Day	Time
April 17 Cooper Y	Saturday	8am-2pm
May 1 Cooper Y	Saturday	8am-2pm
August 28 & 29 Northeast Y	Saturday	8am-2pm
November 13& 14 Cooper Y	Saturday	8am-2pm

**Y Member \$50      Y Non-Member \$95**

- Max of ten participants per class at this time.
- Instructor and participants will provide and wear a face covering during the course.
- Classroom settings will be set up to maintain social distancing
- Participants will stay in the same practice groups during the class
- See FAQ Section on the website for additional information.