



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023 SPRING/SUMMER LIFEGUARD CERTIFICATION CLASSES



Register now to earn your American Red Cross Lifeguard Certification at the Y! See back for full registration information and class details.

- Certification valid for 2 years
- Must be able to complete prerequisite swim test and online learning (see back)
- Must be at least 15 years old by last day of scheduled class

Class Fees:

*Class fees are nonrefundable

☐ Full Certification: \$250

*Includes CPR mask, whistle, rescue pack

☐ Recertification/Crossover: \$150

*Must have current certification from approved certifying agency

Class Dates:

*All classes are Friday evenings (4:45pm-8pm) and Saturday/Sunday (9am-5pm)

- April 28 – 30, 2023
- May 5 – 7, 2023
- June 2 – 4, 2023
- June 16 –17, 2023

REGISTER ONLINE OR AT THE FRONT DESK TODAY!

Interested in working at the Y as a lifeguard?
Contact Briley Penner (Aquatics Director) for more information

For questions, contact Briley Penner (Aquatics Director) | bpenner@acymca.org | 336.395.9622 ext. 215



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CLASS INFORMATION

PREREQUISITE SWIM TEST:

All participants must be able to pass the following swim test on the first day of in-person training. Participants that are unable to complete the swim test will not receive certification and will not receive a refund on class fees:

- 300 yard nonstop swim (must be freestyle or breaststroke)
- Tread water for 2 minutes (legs only)
- Complete the following timed event in 1 minute, 40 seconds
 - Starting in the water, swim 20 yards
 - Surface dive (feet-first OR head-first to the bottom of the pool to retrieve a 10lb. object)
 - Return to the surface and swim 20 yards on your back, keeping your face at or above the surface
 - Exit the water without using a ladder or steps

ONLINE LEARNING REQUIREMENT

*Not required for recertification

All courses are Blended Learning Courses. Blended learning combines online learning with in-person skills sessions. The online learning portion of this class takes an average of 7 hours to complete and must be completed before the first in-person session of the course. Participants who do not complete their online learning on-time will not be allowed to participate in the in-person skills sessions and will not receive their certification or receive a refund on course fees.

Access to the online learning will be emailed to participants after registration and will be accessed via the Red Cross Learning Center.