

LIFEGUARD TRAINING

NORTHEAST YMCA

PRE-COURSE SKILLS TEST

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. You have to register for the Lifeguard Training In-Class skill session at the front desk.

⇒ See FAQ Section on the website for answers to most frequently asked questions.

DECEMBER 2022	Sun 18th & Tues 20th	2:00-3:00pm
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SUNDAY	TIMES
JANUARY 22	3:00-4:00pm
FEBRUARY 5	3:00-4:00pm
MARCH 19, 26	3:00-4:00pm
APRIL 2, 23	3:00-4:00pm
MAY 7	3:00-4:00pm
AUGUST 20	3:00-4:00pm

WEDNESDAY	TIMES
JANUARY 18, 25	6:30-7:30pm
FEBRUARY 1, 22	6:30-7:30pm
MARCH 8, 22	6:30-7:30pm
APRIL 5, 12, 26	6:30-7:30pm
MAY 3	6:30-7:30pm
AUGUST 9	6:30-7:30pm

Y Member: \$16	Community Member: \$32
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LIFEGUARD TRAINING IN-CLASS SKILL SESSION

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. (NO online registration)
3. Participant will receive a blended learning link two weeks before the in-class to complete the 7 hour online learning.
4. CPR/First Aid is included in this course . Participants do not need to register for an additional class.

⇒ 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 7 & 8	Saturday Sunday	8am-5pm 8am-5pm
February 18 & 19	Saturday Sunday	8am-5pm 8am-5pm
April 1 & 2	Saturday Sunday	8am-5pm 8am-5pm
April 22 & 23	Saturday Sunday	8am-5pm 8am-5pm

Dates	Day	Time
May 6 & 7	Saturday Sunday	8am-5pm 8am-5pm
May 13 & 14	Saturday Sunday	8am-5pm 8am-5pm
May 20 & 21	Saturday Sunday	8am-5pm 8am-5pm
August 26 & 27	Saturday Sunday	8am-5pm 8am-5pm

Y Member \$158	Community Member \$184
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- See FAQ Section on the website for answers to frequently asked questions.

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.

Dates	Day	Time
January 7 Northeast Y	Saturday Sunday	8am-5pm 8am-12pm
February 5 Cooper Y	Sunday	8am-5pm
March 5 Cooper Y	Sunday	8am-5pm
April 2 Cooper Y	Sunday	8am-5pm

Dates	Day	Time
April 23 Cooper Y	Sunday	8am-5pm
April 30 Cooper Y	Sunday	8am-5pm
August 26 Northeast Y	Saturday Sunday	8am-5pm 8am-12pm
November 12 Cooper Y	Sunday	8am-5pm

Y Member: \$79

Community Member: \$137

- See FAQ Section on the website for additional information.

CPR/AED/FIRST AID REVIEW

- ⇒ 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 7 Northeast Y	Saturday	8am-12pm
February 5 Cooper Y	Sunday	8am-12pm
March 5 Cooper Y	Sunday	8am-12pm
April 2 Cooper Y	Sunday	8am-12pm

Dates	Day	Time
April 23 Cooper Y	Sunday	8am-12pm
April 30 Cooper Y	Sunday	8am-12pm
August 26 Northeast Y	Saturday	8am-12pm
November 12 Cooper Y	Sunday	8am-12pm

Y Member \$53

Community Member \$100

LIFEGUARD INSTRUCTOR & REVIEW COURSE

- ⇒ You must have a current Lifeguard certificate and be a minimum of 18years of age to take an instructor level course.
- ⇒ Email tburnham@ymcalincoln.org if you would like to register and a link will be provided to register online.

Lifeguard Instructor Course		
January 7 & 8 Northeast Y	Saturday Sunday	8am-5pm 8am-5pm
April 29 & 30 Northeast Y	Saturday Sunday	8am-5pm 8am-5pm
August 26 & 27 Northeast Y	Saturday Sunday	8am-5pm 8am-5pm

Y Member \$200

Community Member \$250

Lifeguard Instructor/Trainer Review Course		
January 7 Northeast Y	Saturday	8am-2pm
April 29 Northeast Y	Saturday	8am-2pm
August 26 Northeast Y	Saturday	8am-2pm

Y Member \$100

Community Member \$150