

## 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.

<b>DECEMBER 2022</b>	Sun 18th & Tues 20th	2:00-3:00pm
----------------------	----------------------	-------------

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 6	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 2	6:30-7:30pm

**Y Member: \$16**

**Community Member: \$32**

### 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**

- 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](mailto: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**