

2025 LIFEGUARD TRAINING

All Lifeguard Training courses are held at the Northeast YMCA, 2601 N 70th St

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

Swim/Tread/Swim Sequence

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.

⇒ Jump in swim 150 yards, 2min treading with no hands, 50 yard swim. You must swim continuously, keep face in the water with rotary breathing. You may use front crawl, breaststroke or a combination of both. No swimming on back.

TIMED ELEMENT

Candidate will have 1min 40 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 2024	Wed 11	6:00-7:00pm	Sun 8	3:00-4:00pm
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SUNDAY	TIMES
JANUARY 26	3:00-4:00pm
FEBRUARY 2	3:00-4:00pm
MARCH 9	3:00-4:00pm
APRIL 6,	3:00-4:00pm
AUGUST 3	3:00-4:00pm

WEDNESDAY	TIMES
JANUARY 15, 22,29	6:30-7:30pm
FEBRUARY 19	6:30-7:30pm
MARCH 5, 19	6:30-7:30pm
APRIL 2, 9, 23, 30	6:30-7:30pm
AUGUST 6	6:30-7:30pm

Y Member: \$18 Community Member: \$37

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.

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 3,4 & 5	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
March 28,29 &30	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
April 4,5 & 6	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm

Dates	Day	Time
April 25,26 & 27	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
May 9,10 & 11	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
May 16,17 & 18	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
August 22,23 & 24	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm

Y Member \$181 Community Member \$217

- 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.
- ⇒ CPR/AED/FIRST AID is included.

Dates	Day	Time
January 4&5	Saturday Sunday	8am-5pm 8am-12pm
February 8	Saturday	8am-5pm
April 12	Saturday	8am-5pm

Dates	Day	Time
May 3	Saturday	8am-5pm
May 31	Saturday	8am-5pm
August 23&24	Saturday Sunday	8am-5pm 8am-12pm

Y Member: \$90 Community Member: \$162

- See FAQ Section on the website for additional information.

CPR/AED/FIRST AID RECERTIFICATION

- ⇒ In Nebraska, you are required to take a CPR for the professional rescuer review class every year.
- ⇒ See [CPR class schedule @ ymcallincoln.org](http://ymcallincoln.org) for days and times.

LIFEGUARD INSTRUCTOR & RECERTIFICATION 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		
April 5 & 6 Northeast Y	Saturday Sunday	8am-5pm 8am-5pm
August 23 & 24 Northeast Y	Saturday Sunday	8am-5pm 8am-5pm

Y Member \$230 Community Member \$295

Lifeguard Instructor/Trainer Review Course		
December 7	Saturday	8am-4pm
December 8	Sunday	8am-4pm
January 4	Saturday	8am-4pm
January 5	Sunday	8am-4pm
April 5	Saturday	8am-4pm
August 23	Saturday	8am-4pm

Y Member \$118 Community Member \$185