

2026 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 2025	Wed 10	6:15 - 7:15pm	Sun 14	12:30 - 1:30 pm
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SUNDAY	TIMES
JANUARY 18	12:30 - 1:30 pm
FEBRUARY 8	12:30 - 1:30 pm
MARCH 22	12:30 - 1:30 pm
APRIL 19	12:30 - 1:30 pm

WEDNESDAY	TIMES
JANUARY 14, 21	6:15 - 7:15pm
FEBRUARY 18	6:15 - 7:15pm
MARCH 4, 18	6:15 - 7:15pm
APRIL 1, 8, 15, 29	6:15 - 7:15pm
AUGUST 5	6:15 - 7:15pm

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.

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

⇒ Participants must have their own email address, school and work emails are not recommended.

⇒ You must show the instructor your proof of completion.

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

CPR/First Aid is included in this course . Participants do not need to register for an additional class.

Dates	Day	Time
January 9, 10 & 11	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
March 27, 28 & 29	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
April 10, 11 & 12	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm

Dates	Day	Time
April 24, 25 & 26	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
May 8, 9 & 10	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
May 15, 16 & 17	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
August 21, 22 & 23	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm

Y Member \$190 Community Member \$228

- See FAQ Section on the website for answers to

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 10 & 11	Saturday Sunday	8am-6:30pm 8am- 1:00pm
February 28	Saturday	8am-6:30pm
April 18	Saturday	8am-6:30pm

Dates	Day	Time
May 2	Saturday	8am-6:30pm
May 30	Saturday	8am-6:30pm
August 22 & 23	Saturday Sunday	8am-6:30pm 8am-1:00pm

Y Member: \$95 Community Member: \$170

- 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		
January 17 & 18	Saturday	8am-6:30pm
Northeast Y	Sunday	8am-6:30pm
April 25 & 26	Saturday	8am-6:30pm
Northeast Y	Sunday	8am-6:30pm
August 29 & 30	Saturday	8am-6:30pm
Northeast Y	Sunday	8am-6:30pm

Y Member \$242 Community Member \$310

LIFEGUARD INSTRUCTOR RECERTIFICATION COURSE

Lifeguard Instructor/Trainer Review Course		
January 17	Saturday	8am-6:30pm
August 29	Saturday	8am-6:30pm

Y Member \$124 Community Member \$194