

2027 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 2026	Wed 9	6:15-7:15pm	Sun 13	12:30-1:30 pm
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SUNDAY	TIMES	WEDNESDAY	TIMES
JANUARY 17	12:30 - 1:30 pm	JANUARY 13, 20	6:15 - 7:15pm
FEBRUARY 7	12:30 - 1:30 pm	FEBRUARY 17	6:15 - 7:15pm
MARCH 21	12:30 - 1:30 pm	MARCH 3, 17, 31	6:15 - 7:15pm
APRIL 18, 25	12:30 - 1:30 pm	APRIL 7, 14, 28	6:15 - 7:15pm
AUGUST 8	12:30 - 1:30 pm	AUGUST 4	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. Participants 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 8, 9 & 10	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
March 19, 20 & 21	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
April 9, 10 & 11	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm

Y Member \$199

Community Member \$239

Dates	Day	Time
April 23, 24 & 25	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
May 7, 8 & 9	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
May 14, 15 & 16	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm
August 20, 21 & 22	Friday Saturday Sunday	6pm-9pm 8am-6:30pm 8am-6:30pm

- 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 9 & 10	Saturday Sunday	8am-6:30pm 8am-1:00pm
February 20	Saturday	8am-6:30pm
April 17	Saturday	8am-6:30pm

Dates	Day	Time
May 1	Saturday	8am-6:30pm
May 29	Saturday	8am-6:30pm
August 21 & 22	Saturday Sunday	8am-6:30pm 8am-1:00pm

Y Member: \$99

Community Member: \$179

- 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 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 16 & 17 Northeast Y	Saturday Sunday	8:30am-6:30pm 8:30am-6:30pm
April 17 & 18 Northeast Y	Saturday Sunday	8:30am-6:30pm 8:30am-6:30pm
August 28 & 29 Northeast Y	Saturday Sunday	8:30am-6:30pm 8:30am-6:30pm

Y Member \$254

Community Member

\$325

LIFEGUARD INSTRUCTOR RECERTIFICATION COURSE

Lifeguard Instructor/ Trainer Review Course		
January 16	Saturday	8:30am-6:30pm
August 28	Saturday	8:30am-6:30pm

Y Member \$130

Community Member \$205