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TRAIN TO SAVE

AMERICAN RED CROSS LIFEGUARD CERTIFICATION TRAINING BLENDED LEARNING COURSE KEARNEY FAMILY YMCA

Participants will receive the knowledge needed to be lifeguards in pools and aquatic environments. This course offers up-to-date information on how to guard, anticipate, prevent problems and to take action to help those in need. CPR, First Aid and AED certifications are included in the cost of the Lifeguard Course.

Course Details:

Participants must pass a pre-course skills test prior to taking the lifeguard full certification training. The pre-course skills testing is included in the Lifeguard Course registration. You will receive an online link via email to complete the online portion 1-2 weeks prior to the start of the classroom/in-water day. You will set up an account, pay the Red Cross Fee and complete the 7.5 hour online learning portion. **Participants must bring the online completion certificate to class the first day in order to participate.** NO REFUNDS will be given if the online portion is not completed before the first day of class as space is limited. **Attendance is required during all course meeting times. No exceptions. No Refunds.**

Ages:

15+

Sessions Available:

April 22nd-23rd 9AM-9PM

May 6th-7th 9AM-9PM

*Classes may conclude earlier, but no later than times scheduled.

Fees:

Lifeguard Certification Course:

Y Member: \$65 Non-Member: \$75

Pre-Course Skills Testing:

Y Member: \$10 Non-Member: \$20

Online Red Cross Fee: \$35 (You will pay this to the Red Cross when you complete the online portion)

Lifeguard Manual (Printed Copy): \$15

Lifeguard Manual (Online): Free



Pre-Course Skills Test

We recommend you prepare ahead of time. Swimming laps a couple of weeks before is helpful if you are not a regular swimmer. We do have private lessons available if you feel you need some guidance.

Participants are required to pass a pre-course skills test before taking the Lifeguard Training Course. When registering for the Lifeguard Course you will be prompted to pick a pre-course skills testing date. *Please note the date selected as this will be non-refundable!

Session Dates:

April 10th @ 6pm

April 17th @ 5pm

April 22nd @ 8:30am

April 24th @ 6pm

May 1st @ 5pm

May 6th @ 8:30am

***Registration is required for all skills testing done through registration for the Lifeguarding courses.**

Pre-Course Swim Test:

Continuously swim 300 yds (using the front crawl and breaststroke)

Tread water for 2 minutes (no hands)

1 minute, 40 second timed element– swim 20 yds, retrieve a 10lb object from a depth of at least 7ft, return it 20 yds and then exit the pool.

Cancellations/Make-up Policy

Withdrawal from the course 5 or more business days prior to the beginning of the Saturday class will be charged a \$10 withdrawal fee. Withdrawal from the course **less than 5 business days** prior to the Saturday class will receive a **50% credit**. Withdrawal on the day class begins will **not** receive a credit. If the YMCA cancels a class or program the class will be rescheduled or refunded. It is the policy of the Kearney YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacation, illness, other activities, etc.)

Frequently Asked Questions

What should I bring to class each day?

Students should bring the following to class each day: Online Completion Certificate the first day in order to take the class or recertification course. Course manual, pocket mask, swim suit, towel, lock, snacks/drinks, lunch, money if purchasing snacks/lunch out of facility, glasses or contact case/solution, and a writing utensil. Course Manual and pocket masks will be provided at the beginning of the course. Course manuals must be purchased at registration. *Those who do not purchase the manuals will receive a link with a free version of the manual in a PDF format.

What will I be certified in?

Upon successful completion of the Lifeguard Training course, participants will be certified in American Red Cross Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer.

When will I receive my cards?

Certification Cards will be available via email after successful completion of the Lifeguard Training course requirements, and the return of all course materials.

How long does certification last?

All certifications are two years. However, the State of Nebraska DHHS requires anyone who wishes to lifeguard to recertify his/her CPR/AED for the Professional Rescuer every year.

What is the minimum age?

Class participants must be 15 years old by the last day of class.

What if I already hold current certifications in CPR or First Aid?

The Red Cross requires that lifeguards hold CPR/AED for the Professional Rescuer for the Lifeguard/First Aid certification to be considered valid. In the state of Nebraska, CPR/AED certifications must be renewed annually to remain eligible for employment as a Lifeguard. There is no reduction of course fees if you hold a current CPR/AED for the Professional Rescuer certification. Students who hold certification in Lay Responder certifications are required to participate in all course components to pass the course.

Will breaks be provided during class?

Periodically throughout class, small breaks of 15 to 20 minutes will be taken for rest, snacks, etc. A 1-hour lunch break will be taken both Saturday and Sunday. The exact time of the lunch break will be determined based on the progress of the class that day and natural breaks in course curriculum.

How can I apply to work as a lifeguard or swim instructor at the Y?

Go to the Kearney YMCA's [Career Opportunities](#) where you can learn about current openings and apply online.