



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN TO SAVE LIVES: LIFEGUARD CERTIFICATION

Blended learning combines online coursework with in-person skill sessions where participants practice and demonstrate lifeguarding skills. Students will learn essential rescue and safety techniques for pool environments.

The American Red Cross Lifeguard Blended Learning Course is approximately 27 hours. Participants must attend all sessions. Certification is awarded upon passing skills tests and scoring 80% or higher on the final exam.

**For those that will be lifeguarding for the Sidney-Shelby Co. YMCA cost of your class can be partially covered! Please reach out to the Aquatics Coordinator for more information and prior authorization.*



NEXT CLASSES:

April Session*: April 11 & 12 -OR- May Session*: May 2 & 3

You MUST attend both days of your session and cannot mix/match dates.

APRIL SESSION:

April 11 - 9AM to 6PM
April 12 - 1PM to 9PM

MAY SESSION:

May 2 - 9AM to 6PM
May 3 - 1PM to 9PM

COST PER SESSION:

Members: \$275
Non-Members: \$315

Min. 5 students req. for class to run.
Max. 10 students

***Registration deadline for April Session: 4/4**

***Registration deadline for May Session: 4/25**

Sign up for session AND schedule your pre-reqs (\$25) with our Aquatics Coordinator.

Participants should pack meals/snacks as necessary and also bring a swimsuit and towel. You may register for the class online at www.sidney-ymca.org or sign up at the Welcome Center. If your place of employment is paying for your training, please note that the balance due will remain on your account until payment is received. **You will not receive your certification card without this balance being paid.**

Lifeguard Prerequisites

1. Age requirement

- Must be at least 15 years old by the last day of the American Red Cross lifeguarding course

2. Swim test (must pass to take the class)

You must complete a pre-course skills test:

Swim-tread-swim sequence:

- Swim 150 yards continuously (freestyle or breaststroke)
- Tread water for 2 minutes (no hands)
- Swim 50 more yards

Non-refundable Prerequisite Water Skills Assessment Test charge of \$25.00 will be assessed.

Timed brick test (deep water):

- Swim about 20 yards
- Surface dive to 7-10 feet deep
- Retrieve a 10 lb brick
- Swim back while holding it
- Exit the pool without using a ladder
- Must be completed in 1 Minute and 40 Seconds

*** If you fail any part, you cannot continue into the course**

Course Hours (how long it takes)

Standard Lifeguarding Course

- About 27 hours total

Blended Learning Option

- About 6 hours online coursework
- About 21 hours in-person training

• What's included in those hours

Training covers:

- Water rescue skills
 - CPR/AED for professional rescuers
 - First aid
 - Team response scenarios
- To pass the course:
- Written exam (80% required)
 - Final in-water skills tests

Schedule Pre-Reqs: Contact Corinne Kershner, Aquatics Coordinator, at ckershner@sidney-ymca.org or call 937-492-9134, x211.