

2025/2026 AMERICAN RED CROSS LIFEGUARD CERTIFICATION COURSE DILLON FAMILY AQUATICS CENTER-FREMONT, NE

Upon successful completion of the Lifeguard Certification training course, participants will be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. All lifeguard certifications are valid for 2 years with the exception of the CPR/AED certifications must be updated every year per the State of Nebraska.

NEW CANDIDATES: You need to complete a **Pre-Course Skills Test:** Complete a Swim-Tread-Swim sequence without stopping. Complete a time event 10-pound brick.

Pre-course skills tests will be open on the following dates: January 3rd, January 17th, February 7th at 9am and March 15th at 12:00 pm

***Please Note:** each class must have 5 or more students registered, or class will be rescheduled to a later date.

Upon successful completion of the pre-course skills test, you are eligible to register for a Lifeguarding Certification course.

Class:	Member:	Non-Member:
Pre-Course Skills Test	\$25	\$25
Lifeguarding Certification	\$225	\$275
Lifeguarding Re-certification	\$150	\$175

Full payment is due at registration. Financial assistance is available per request. Withdraw from the course within 10 days to 7 days of the class can receive a 75% refund. Withdraw 6 days to 1 day before the class can receive a 25% refund. Withdrawal from the course on the day class begins will not receive a refund.

Sign Acknowledging the Cancellation Policy:

Sign:

	<u>Dates</u>	<u>Times for FULL class</u>	<u>Times for RECERTS</u>
Class #1	Jan 30	4pm-10pm	No
	Jan 31	8a-7pm	8a-6pm
	Feb 1	8a-7pm	No
Class #2	Feb 27	4pm-10pm	No
	Feb 28	8a-7pm	8a-6pm
	March 1	8a-7pm	No
Class #3	March 20	4pm-10pm	No
	March 21	8a-7pm	8a-6pm
	March 22	8a-7pm	No
Recert #4	March 28	None	8a-6pm

Note(s):

- **Participants must be 15 years of age by the last day of class to be eligible for certification.**
- Class space is limited, therefore is first-come, first-served.
- Registration will close 1 week prior to the first day of class.
- Attendance is **required** during all course-meeting times; a lunch break will be given.
- Bring appropriate swim attire, a towel, snacks/drinks, lunch, and Lifeguard Manual.
Students can access the manual via E-book code.

- **Lifeguard RECERT students** can take one of the scheduled classes, but you will only be required to attend specific parts of the scheduled class for a certification renewal.

2025/2026 Pre-Course Skills Test Completion Report
(YOU MUST PRESENT THIS FORM TO REGISTER FOR A CERTIFICATION CLASS)

Cert _____ Recert _____

Candidate Name:	Birthdate:
Email:	Phone:
Emergency Contact Name: (&)-----→	Phone #:

Are you a YMCA member? Yes No

Do you have any disabilities or a medical condition that may require modification to this course? Yes No If yes, please explain:

Swim-Tread Sequence	Timed Brick

Completed by: _____

Class registering for: _____

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