



2023 LIFEGUARD CERTIFICATION

A Pre-Course Skills Test is **MANDATORY BEFORE REGISTERING** for the Lifeguarding Certification Course. Pre-Course skills test may be scheduled by emailing sydneyb@fremontfamilyymca.org up to a week prior to the class. You must register with the AQUATICS CENTER front desk. Registration **WILL NOT BE ACCEPTED** at the YMCA main front desk.

Please read the following:

- Participants **must** be 15 years old by the last day of the course to qualify for certification.
- Classes will close for registration one week prior to the first class meeting OR when we reach capacity. Spring classes ALWAYS fill up quickly, it is best to get in sooner than later! More classes will be offered, but not guaranteed.
- 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 lifeguarding certifications are valid for 2 years with the exception that CPR/AED certifications must be updated every year per the State of Nebraska.
- Bring appropriate swim attire, a towel, snacks/drinks, lunch, and Lifeguard Manual. *Students can access the manual online. Google search "Red Cross Lifeguard Manual": download this to your own device. -OR- Books will be available to use for the duration of the course.*
- If you are in need of a lifeguard re-certification, please contact Sydney Beran at sydneyb@fremontfamilyymca.org.

Course Prices:	<u>YMCA Members</u>	<u>Non-Members</u>
Pre-Course skills test	\$15	\$25
Lifeguard Certification	\$185	\$220
Lifeguard Re-certification	\$125	\$160

Full payment is due at registration. Financial assistance is available per request. Withdrawal from the course within 5 days to the first day of class may receive a 50% refund. Withdrawal from the course the day class begins will not be eligible to receive a refund.

Attendance at all times is REQUIRED-Breaks will be given for lunch.

2023 Class #2	
Friday February 24th	5pm - 9pm
Saturday February 25th	8am - 4pm
Sunday February 26th	8am - 4pm

2023 Class #3	
Friday March 24 th	5pm - 9pm
Saturday March 25 th	8am - 4pm
Sunday March 26 th	8am - 4pm

2023 Pre-Course Skills Test Completion Report

(YOU MUST PRESENT THIS FORM TO REGISTER FOR A CERTIFICATION CLASS)

Candidate Name:	Birthdate:
Phone:	Email:
YMCA member? Yes No	
Do you have any disability or medical condition that may require modification to the course? Yes No If yes, please explain:	
Emergency Contact Name & Phone #:	

Pre-Course Skill:	Instructor Initial (Completed)
Timed Brick Element (90s) <i>Participant will swim 25 yards and retrieve the 10lb brick from the 12 foot depth in 90 seconds or less.</i>	
2 minute treading (no hands) <i>Participant must tread water for 2 minutes without use of their arms.</i>	
300 yard swim <i>Participant must demonstrate the ability to swim 300 yards, showing proficiency in both freestyle & breaststroke, without stopping.</i>	
The candidate has met all of the pre-requisites for lifeguard certification courses and is eligible to register for the following class:	Instructor signature: