

**\*\*LAST CHANCE!\*\***

**2022 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 lifeguarding certifications are valid for 2 years with the exception that CPR/AED certifications must be updated every year per the State of Nebraska.

**NEW CANDIDATES:** You need to complete a **Pre-Course Skills Test:** 300 yard swim (continuously demonstrating both front crawl and breaststroke); tread water without using hands for 2 minutes; retrieve a 10lb brick from the 12-foot deep end in 100 seconds.

**Pre-course skills tests will ONLY be held:**

**Saturday, April 16<sup>th</sup> @ 9am**

**Saturday, May 7<sup>th</sup> @ 9am**

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

<b>Class:</b>	<b>Member:</b>	<b>Non-Member:</b>
Pre-Course Skills Test	\$10	\$20
Lifeguarding Certification	\$150	\$180
Lifeguarding Re-certification	\$75	\$100

*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 can receive a 50% refund. Withdrawal from the course on the day class begins will not receive a refund.*

	<b><u>Dates</u></b>	<b><u>Times for FULL class</u></b>	<b><u>Times for RECERTS</u></b>
<b>Class #4</b>	Fri April 29	5-9p	No
	Sat April 30	8a-4p	8a-4p
	Sun May 1	8a-4p	8a-4p
<b>Class #5</b>	Fri May 13	5-9p	No
	Sat May 14	8a-4p	8a-4p
	Sun May 15	8a-4p	8a-4p

**THERE WILL BE NO OTHER CLASSES OFFERED! THIS IS THE FINAL CHANCE TO TAKE THE CLASS!**

**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; breaks will be given for lunch.
- 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.*
- **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.

All questions should be directed to Aquatics Director, Miranda Long: mirandal@fremontfamilymca.org

# 2022 Pre-Course Skills Test Completion Report

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

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

Are you a 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:

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300 swim (Freestyle & Breaststroke)	2 minute treading (No hands)	Timed Brick Element (90s)

Completed by: \_\_\_\_\_

Class registering for (#/dates): \_\_\_\_\_