



American Red Cross Lifeguard Training

Winter/Spring 2012

Lifeguard Training

Session Dates

Participants must have passed the pre-course skills test prior to registering for a Lifeguard Training course. As space is limited, it is recommended that individuals attempt the pre-course skills test at least two weeks prior to the preferred session. A list of pre-course skills test dates is available on the next page.

All classes meet consecutively Thursday through Sunday at the Northeast YMCA. Attendance is required during all course meeting times.

Session 1	March 1-4
Session 2	March 8-11
Session 3	April 12-15
Session 4	April 18-22
Session 5	May 3-6
Session 6	May 17-20

Time

Thursday	6-9pm
Friday	6-9pm
Saturday	7am-7pm
Sunday	7am-7pm

Fees

Lincoln YMCA Members	\$110
Non-Members	\$125

Contact Information

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402.434.9252
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Northeast Y

Lifeguard and CPR/AED Recertification

Challenges are available for individuals who need to recertify their CPR/AED for the Lifeguard or Lifeguard/First Aid skills. Each challenge will include a written test and skills verification. Course material will not be reviewed, students should come to the challenge prepared to demonstrate proficiency in all skills.

Session Dates

Saturday, April 28
Saturday, May 12

Time

CPR/AED Challenges Begin at 8am
Lifeguard/First Aid Challenges Begin at 1pm
Actual class length depends upon the number of participants.

Fees

Single Certification (either CPR/AED for the Professional Rescuer OR Lifeguard/First Aid)
Lincoln YMCA Member \$25
Non-Members \$50

Dual Certification (both CPR/AED for the Professional Rescuer and Lifeguard/First Aid)
Lincoln YMCA Members \$60
Non- Members \$70

Pre-Course Skills Test

Participants are required to pass a pre-course skills test before registering for a Lifeguard Training course. The pre-course skills test is comprised of three parts, the 300 yard swim, a timed element, and a 2 minute treading water test. Successful completion of each component is required to pass the pre-course skills test and proceed to the Lifeguard Training Course.

Session Dates

Pre-course skills tests will be held on the following dates at the Northeast YMCA:

February 20	February 22	February 27	February 29	March 5	March 7	March 12	March 14
March 19	March 21	March 26	March 28	April 2	April 4	April 9	April 11
April 16	April 18	April 23	April 25	April 30	May 2	May 7	May 9
May 14	May 16						

Time

7pm-8:30pm

Fees

Lincoln YMCA members	\$15
Community Members	\$25

300 yard swim

During the 300 yard swim candidates must demonstrate proficiency in both Front Crawl and Breast Stroke. The swim must be Continuous. There is no time limit.

Timed Element

Candidates will have 100 seconds to swim 20 yards, surface dive to the bottom of the 10 feet, retrieve a 10lb object, return 20 yards on the back, and exit the pool.

Treading Water

Candidates must demonstrate the ability to tread water without using their hands for 2 minutes.

Frequently Asked Questions

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 upon successful completion of the lifeguard training course requirements, and the return of all course materials.

How Long Does Certification Last?

All certifications are 2 years. However, the state of Nebraska requires anyone who wishes to lifeguard to recertify his/her CPR/AED for the Professional Rescuer every year.

What Is The Minimum Age Requirement?

Class participants must be 15 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 in order 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.

What Do I Need To Bring With Me To Class Each Day?

Students should bring the following to class each day:

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.

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.

Registration Information

Registration is on a first come/first served basis. Participants must be 15 years old by the last day of class. Please pre-register, space is limited. Participants are not allowed to register for a Lifeguard Training Course until successful completion of the pre-course skills test. Individuals who fail the course requirements are not eligible for a refund of any kind.

To register for a pre-course skills test please register in person at the front desk of the Northeast YMCA or by phone with a Visa or MasterCard. The phone number is 402.434.9262. A registration form is not necessary for the pre-course skills test. Please retain the registration form on the back of this flyer for the instructor to sign verifying successful completion of the pre-course skills test.

For Lifeguard Training or Recertification please complete the registration form on the back of this flyer and return it to the front desk at the Northeast YMCA with your payment.

Cancellations

Withdrawal from the course 5 or more business days prior to the Thursday class begins will be charged a \$10 withdrawal fee.

Withdrawal from the course less than 5 business days prior to the Thursday class begins will receive a 50% credit.

Withdrawal on the day class begins will not receive a credit.

If the YMCA cancels a class or program there will be a full refund.

Make-Up Classes

It is the policy of the Lincoln 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.) Class cancellations made by YMCA will be rescheduled or refunded.

Payments

Full payment is due at the time of registration. Program assistance is not available for Certification level courses.





LIFEGUARD TRAINING 2012 REGISTRATION FORM

Enrollment Information:

First and Last Name: _____

Male Female Age: _____ Date of Birth: _____

Home Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Employer: _____ E-Mail Address: _____

Please place a check mark next to the course you are attending:

Full Lifeguard Training Courses

March 1		March 8		April 12		April 18		May 3		May 17	
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Lifeguard Recertification

April 28	CPR/AED		Lifeguard/First Aid	
May 12	CPR/AED		Lifeguard First Aid	

Parent/Emergency Contact Information:

First & Last Name: _____ DOB: _____ Relationship: _____

Home Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

E-Mail Address: _____

By signing below the participant and parent understand the cancellation policy and that failure of the course will not result in a refund.

Participant Signature

Parent Signature (if participant is a minor)

Date

I certify that this candidate has completed the pre-course skills test required for registration in this course.

Instructor Signature

Date

For Office Use Only:

Fee: _____ Staff Initial: _____

Cooper

6767 S. 14th Street
Lincoln, NE 68512
(402) 323-6400

Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
Lincoln, NE 68521
(402) 434-9225