



# LIFEGUARD CERTIFICATION CLASS

DATES: JANUARY 10th-25th | REGISTER BY 1/09 | LOCATION: YMCA OF SEQUIM

SWIM TEST: January 3<sup>rd</sup> at 11:00 am OR by appointment | YMCA OF SEQUIM

**Make a Difference in Your Community** - Are you ready to take on a rewarding role that saves lives, builds leadership skills, and keeps your community safe? Join the lifeguard team and become a vital part of creating a fun, secure environment for swimmers of all ages and skills. Lifeguarding offers flexible hours, a fun work environment, and valuable certifications in CPR, first aid, and emergency oxygen. Whether you're looking for a part-time job or a stepping stone into a career in public safety or healthcare, lifeguarding is the perfect opportunity to stay active, make friends, and truly make an impact. Dive into something meaningful—become a lifeguard today!

## CLASS FORMAT:

This class combines online learning, classroom sessions, and pool practice to create an ideal environment for all learning types and ensure that lifeguard candidates are practiced, proficient, and prepared to take on the responsibility that comes with the title of lifeguard.

## CLASS POLICIES:

- Candidates are responsible for their own learning and required to complete all pre-work and homework as outlined on the back of this syllabus
- Classes cannot be made up; so candidates must ensure they can attend all class dates
- Enrollment does not guarantee certification and certification does not guarantee employment at the YMCA.
- Classes with fewer than 5 participants will be canceled. Registrants will be offered the opportunity to participate in a future course.
- Candidates who do not complete the prerequisite trainings linked below will not be allowed to participate in the class



Eager to get started? You can begin the online training for free!

## YMCA LIFEGUARD SWIM TEST

### PHASE ONE

- Swim 100 yards each of crawl stroke and breaststroke
- Swim 50 yards each of the following:
  - front crawl with head up
  - breaststroke with head up
  - whip kick on back (no arms)

### PHASE TWO

Tread water for 2 minutes - no arms

### PHASE THREE

- Sprint 60 feet from shallow end to deep end, and use an arm-over-arm surface dive to pick up an object on the bottom. Tread water holding
- object for one minute, no arms. Swim the remaining distance on your back,
- holding the object on your chest Place item on pool deck and lift yourself out
- of the pool without use of a ladder perform 100 compressions on a manikin, then follow directions from
- instructor

# CERTIFICATION CLASS SCHEDULE

SATURDAY JANUARY 3<sup>RD</sup>  
SWIM TEST  
11:00 AM

**BRING:** Swimsuit, towel, goggles, photo ID. Meet your Lifeguard Instructor(s) on the pool deck bleachers by the record board ready to swim at 11:00 AM



SATURDAY  
JAN 10  
10-6 PM

**BRING:** On the Guard Manual, note-taking materials, water, lunch, and snacks, signed candidate welcome letter (with guardian signature if under 18)

**HOMEWORK:** Complete YMCA prerequisite bundle (QR code on opposite side) and register for the course through the Learning and Career Development Center (LCDC). Read the On the Guard Manual (OTG) introduction.

**BRING TO ALL SUBSEQUENT CLASSES:** On the Guard Manual, note-taking materials, Participant Guide, fanny pack with whistle and mask, swimsuit, towel, water, and food.

SUNDAY  
JAN 11  
12-5 PM

**HOMEWORK:** Read OTG chapters 1-3

**CLASSROOM:** Lifeguard Procedures/Prevention, Rules/Regulations, and Accident Prevention

**POOL:** Personal Safety Skills and Nonswimming Assists

SATURDAY  
JAN 17  
12-4 PM

**HOMEWORK:** Read OTG chapters 4-5

**CLASSROOM:** Scanning and Recognition, Recognize Drowning

**POOL:** Distressed Swimmers

SUNDAY  
JAN 18  
12-5 PM

**HOMEWORK:** Read OTG chapters 6-10 and read case studies from the Participant Guide (pgs. 33-41) and answer questions; be prepared to discuss in class.

**CLASSROOM:** Activate EAP, Rescue Skills and Equipment, Procedures, Emergency Care in the Aquatic Environment, Lifeguard Professionalism and Aquatic Liability

**POOL:** Unresponsive Persons

SATURDAY  
JAN 24  
12-5 PM

**HOMEWORK:** Read OTG chapters 14-15

**CLASSROOM:** Rescue Procedures, Off the Stand, and Your Career and Development

**POOL:** Injured and Unresponsive Persons, and Spinal Injury Management

SUNDAY  
JAN 25  
12-5 PM

**HOMEWORK:** Review all eLearning, reading, and course materials

**CLASSROOM:** Course Review and Exams!

**POOL:** Water Skills Evaluation

## CONTACT

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LIFEGUARD COORDINATOR

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