



# LIFEGUARD CERTIFICATION CLASS

**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!**

**Scan the QR code to find the link.**

## YMCA LIFEGUARD SWIM TEST

### PHASE 1

- 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 2

Tread water for 2 minutes - no arms!

### PHASE 3

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