



2025 AMERICAN RED CROSS

LIFEGUARD TRAINING

Class is \$225 per participant

Financial assistance available (YMCA lifeguards only)

This lifeguarding program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. To successfully complete the course, participant must complete class assignments and attendance requirements, pass the written exam and a practical water skills test.

REQUIREMENTS TO PASS

- Must be at least 15 years old on final day of testing
- Swim 200 yards continuously demonstrating breath control and rhythmic breathing
- Tread water for 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds

1st Class: (spring break)

March 19: 10:00am-7:00pm
March 20: 10:00am-7:00pm
March 21: 10:00am-7:00pm

2nd Class:

March 28: 5:00pm-9:00pm
March 29: 11:30am-7:30pm
March 30: 11:30am-7:30pm

3rd Class:

April 4: 5:00pm-9:00pm
April 5: 11:30am-7:30pm
April 6: 11:30am-7:30pm

4th Class:

April 18: 5:00pm-9:00pm
April 19: 11:30am-7:30pm
April 20: 11:30am-7:30pm

5th Class:

April 25: 5:00pm-9:00pm
April 26: 11:30am-7:30pm
April 27: 11:30am-7:30pm

6th Class:

May 2: 5:00pm-9:00pm
May 3: 11:30am-7:30pm
May 4: 11:30am-7:30pm

7th Class:

May 9: 5:00pm-9:00pm
May 10: 11:30am-7:30pm
May 11: 11:30am-7:30pm

Class Specifications:

- Must attend all meeting times in each session to pass and receive certification.
- Class size is minimum of 5 participants and maximum of 10 per class.
- Class will be held at Barbara Bauer Briggs YMCA and pools in the area.

For more info, contact Heather Webberding hwebberding@ymcavictoria.org or 361-268-3837
Barbara Bauer Briggs Family YMCA 1806 N. Nimitz, Victoria, TX 77901

