



## 2026 AMERICAN RED CROSS

# LIFEGUARD TRAINING

Class is \$238 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:

March 20: 10:00am-7:00pm  
March 21: 10:00am-7:00pm  
March 22: 12:00pm-3:30pm

#### 2nd Class:

March 27: 5:00pm-9:00pm  
March 28: 11:30am-7:30pm  
March 29: 10:00am-7:30pm

#### 3rd Class:

April 10: 5:00pm-9:00pm  
April 11: 11:30am-7:30pm  
April 12: 10:00am-7:30pm

#### 4th Class:

April 17: 5:00pm-9:00pm  
April 18: 11:30am-7:30pm  
April 19: 10:00am-7:30pm

#### 5th Class:

April 24: 5:00pm-9:00pm  
April 25: 11:30am-7:30pm  
April 26: 10:00am-7:30pm

#### 6th Class:

May 1: 5:00pm-9:00pm  
May 2: 11:30am-7:30pm  
May 3: 10:00am-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 Colony Creek Country Club.

For more info contact Heather Webberding  
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