



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN TO SAVE

Ascension St. Vincent YMCA Lifeguard Training

2023-24 Lifeguard Class Schedule

The American Red Cross Blended Lifeguard Training is approximately a 20 hour classroom course with about 7 hours of online learning which provides participants with the knowledge, skills and training necessary to become a lifeguard. Participants must be 15 years of age on or before the final scheduled session of the course. The course fee is \$180 for YMCA members and \$240 for non-members. Materials include the book and pocket mask, as well as a 2-year certification in Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer. ***Students must attend all sessions of the class to pass.***

Christmas Break Lifeguard Training—December 20 thru December 22, 2023

Monday thru Wednesday 8:00am - 4:00pm

January 7th thru 28th, 2024

Sundays 9:00am—2:00pm

Spring Break One March 25th thru 27th, 2024

Monday thru Wednesday 8:00am—4:00pm

Spring Break Two March 27th thru 29th, 2024

Wednesday thru Friday 8:00am - 4:00pm

April 7th thru 28th, 2024

Sundays 9:00am—2:00pm

April 6th thru 27th, 2024

Saturdays 11:00am—4:30pm

May 28th thru 30th, 2024

Wednesday thru Friday 8:00am - 4:00pm



Our Mission: The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind and body.

Lifeguard Training Recertification

Your Lifeguarding and First Aid must not have expired more than 30 days to take this recertification class. Along with Lifeguarding and First Aid, this class includes recertification in CPR/AED for the Professional Rescuer. **Participants must attend the entire class.** Fee for the class is \$100.

Sunday, January 7	8:00 am - 5:30 pm
Sunday, February 18	8:00 am - 5:30 pm
Sunday, March 10	8:00 am - 5:30 pm
Sunday, April 14	8:00 am - 5:30 pm
Sunday, May 19	8:00 am - 5:30 pm
Sunday, May 26	8:00 am - 5:30 pm



PRECOURSE INFORMATION

Participants in the Lifeguard Training course are required to pass a water-skills test prior to entry into the course. The skills test will be given to all students during the precourse and consists of the following:

- Student must swim 300 yards continuously, using these strokes in the following order:
 - ◊ 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick, 100 yards of breast-stroke, 100 yards of either front crawl using rhythmic breathing or breaststroke. This last 100 yards may be a mixture of both.
- Student must tread water for 2 minutes using only the legs. Hands will be placed under the armpits.
- Student must complete the following timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to the surface, and swim 20 yards on back with both hands holding the object. Exit the water without using the ladder or the steps.

NEED HELP WITH THE PRECOURSE?

Not sure if your skills or endurance are where they need to be to pass the lifeguard training precourse test? In a small group or individual setting, our instructors can help to prep you for the precourse by evaluating and instructing you on stroke technique and endurance training specific to passing all of the entry requirements for the lifeguard training.

\$20/members per 1/2 hour session

\$28/non-members per 1/2 hour session

Email Heather Polley at hpolley@ymcaswin.org to schedule a time that is convenient for you.

YMCA/AMERICAN RED CROSS LIFEGUARD TRAINING REGISTRATION
Mail with payment to the YMCA, 516 Court Street, Evansville, IN 47708

Lifeguard certification or Recertification date: _____

Name: _____ Birthdate _____ Phone _____

Address _____ State _____ Zip _____

E-mail address _____

Amount \$ enclosed _____ Visa MC AMEX# _____ Exp. _____

Signature _____

**Please make your check payable to the YMCA*