



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD CERTIFICATION

American Red Cross Blended Learning Lifeguard Certification Courses MUSCATINE COMMUNITY YMCA

In order to obtain your Lifeguarding Certification*, candidates must:

- Be 15 years old on or before the last day of the course.
- Register and pay for a pre-course session.
- Pass the Pre-Requisite Skills issued at the Pre-Course Session.
- Register and pay for the full course only AFTER they have passed the Pre-Requisite skills.
- Attend all class sessions and participate in all water and classroom activities.
- Complete the online lessons, pass all written and skills tests issued in class.

CLASS 1:

PRE-COURSE SESSION 1:

DATE: Monday, March 14th

TIME: 5-7 pm

FEE: \$30.00

CLASS 1 DATES & TIMES:

Monday, March 28th: 5-9 pm

Tuesday, March 29th: 5-9 pm

Friday, April 1st: 5-9 pm

Saturday, April 2nd: 9 am-4 pm

Sunday, April 3rd: 10 am-4 pm

FEE: \$135.00

CLASS 2:

PRE-COURSE SESSION 2:

DATE: Monday, April 4th

TIME: 5-7 pm

FEE: \$30.00

CLASS 2 DATES & TIMES:

Monday, April 11th: 5-9 pm

Tuesday, April 12th: 5-9 pm

Friday, April 15th: 5-9 pm

Saturday, April 16th: 9 am-4 pm

Sunday, April 17th: 10 am-4 pm

FEE: \$135.00

CLASS 3:

PRE-COURSE SESSION 3:

DATE: Monday, April 18th

TIME: 5-7 pm

FEE: \$30.00

CLASS 3 DATES & TIMES:

Monday, April 25th: 5-9 pm

Tuesday, April 26th: 5-9 pm

Friday, April 29th: 5-9 pm

Saturday, April 30th: 9 am-4 pm

Sunday, May 1st: 10 am-4 pm

FEE: \$135.00

Muscatine Community YMCA
1823 Logan Street
Muscatine, IA 52761
563.263.9996
www.muscatiney.org

*Certification is dependent on class and exam performance and is not guaranteed. Refunds will NOT be issued for those who do not obtain certification or pass pre-requisite skills.

MUSCATINE COMMUNITY YMCA

American Red Cross Blended Learning Lifeguarding Courses

Candidates must be 15 on or before the last day of class.

Step 1: Select Class dates that work for your schedule. Remember that attendance at ALL class sessions is MANDATORY-NO EXCEPTIONS!

Step 2: Register and pay for the Pre-Course Session that corresponds with the course you wish to take. The Pre-Course session has a separate fee and in most cases is held 1 week prior to the course start date. The Pre-Requisite Skills (see below) will be issued at the Pre-Course Session. Pre-Requisite Skills must be passed in order to take the Lifeguarding Course.

Step 3: Attend the Pre-Course Session.

Candidates should come to the Pre-Course session with their swim suit, goggles (if needed), towel and other items for shower. They should also come prepared with a valid email address and the remaining course fees.

If candidates do not come prepared to register for the rest of the course, their spot in class can not be held and may be lost.

If candidates pass the Pre-Requisite swim requirements, they will be required to register & pay for the remainder of the Lifeguarding Course and will be set up with an account to access the online lessons for the eLearning portion of the Blended Learning.

If candidates DO NOT pass the Pre-Requisite swim requirements, they can register to attend another Pre-Requisite class for a later Lifeguarding Course (1 time at no additional charge).

There will be NO REFUNDS of Pre-Requisite Class fees for candidates that do not pass.

Lifeguarding Course Pre-Requisite Skills

Required to Participate in the Lifeguarding Course

1. Swim 300 yards (12 lengths of the large pool) continuously, demonstrating breath control & rhythmic breathing. Candidates may swim using front crawl, breaststroke or a combination of both but swimming on back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs.
3. Complete a timed event within 1 minute 40 seconds: (Swim goggles are NOT allowed...starting in the water, swim 20 yards; surface dive feet/head first; retrieve a 10 pound object; return to the surface & swim 20 yards on the back to return to the starting point with both hands holding the object, keeping face at or near the surface so they are able to breathe; exit the water without using a ladder or steps).