

# 2024 AMERICAN RED CROSS LIFEGUARD CERTIFICATION COURSE DILLON FAMILY AQUATICS CENTER-FREMONT, NE

Upon successful completion of the Lifeguard Certification training course, participants will be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. All lifeguard certifications are valid for 2 years with the exception of the CPR/AED certifications must be updated every year per the State of Nebraska.

**NEW CANDIDATES:** You need to complete a **Pre-Course Skills Test**: Complete a Swim-Tread-Swim sequence without stopping. Complete a time event 10 pound brick.

## Pre-course skills tests with Appointment Only:

### Contact for appointments:

Carrie Jensen 402-721-6952 ext. 1012 [carriej@fremontfamilyymca.org](mailto:carriej@fremontfamilyymca.org)

Miranda Long 402-721-6952 ext. 1013 [mirandal@fremontfamilyymca.org](mailto:mirandal@fremontfamilyymca.org)

**\*Please Note:** each class must have three or more students registered, or class will be rescheduled to a later date.

## Upon successful completion of the pre-course skills test, you are eligible to register for a Lifeguarding Certification course.

Class:	Member:	Non-Member:
Pre-Course Skills Test	\$15	\$25
Lifeguarding Certification	\$185	\$220
Lifeguarding Re-certification	\$125	\$160

*Full payment is due at registration. Financial assistance is available per request. Withdrawal from the course within 5 days to the first day of class can receive a 25% refund. Withdrawal from the course on the day class begins will not receive a refund.*

	Dates	Times for FULL class	Times for RECERTS
<b>Class #2</b>	Fri Feb 23	5-9:30p	No
	Sat Feb 24	8a-6p	8a-5:45p
	Sun Feb 25	8a-5:30p	No
<b>Class #3</b>	Fri April 5	5-9:30p	No
	Sat Apr 6	8a-6p	8a-5:45p
	Sun Apr 7	8a-5:30p	No
<b>Class #4</b>	Fri Apr 23	5-9:30 p	No
	Sat Apr 24	8-6p	8-5:45p
	Sun Apr 25	8-5:30 p	No

**Note(s):**

- Participants must be 15 years of age by the last day of class to be eligible for certification.
- Class space is limited, therefore is first-come, first-served.
- Registration will close 1 week prior to the first day of class.
- Attendance is **required** during all course-meeting times; a lunch break will be given.
- Bring appropriate swim attire, a towel, snacks/drinks, lunch, and Lifeguard Manual.  
*Students can access the manual online. Google search "Red Cross Lifeguard Manual": download this to your own device. -OR- Books will be available to use for the duration of the course.*
- **Lifeguard RECERT students** can take one of the scheduled classes, but you will only be required to attend specific parts of the scheduled class for a certification renewal.

# 2024 Pre-Course Skills Test Completion Report

(YOU MUST PRESENT THIS FORM TO REGISTER FOR A CERTIFICATION CLASS)

Candidate Name:	Birthdate:
Email:	Phone:
Emergency Contact Name: (&)-----→	Phone #:

Are you a YMCA member?

Yes

No

Do you have any disabilities or a medical condition that may require modification to this course?    Yes        No        If yes, please explain:

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Swim-Tread Sequence	Timed Brick

Completed by: \_\_\_\_\_

Class registering for: \_\_\_\_\_