

2025 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

Miranda Long 402-721-6952 ext. 1013 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	\$20	\$30
Lifeguarding Certification	\$225	\$275
Lifeguarding Re-certification	\$150	\$175

	Dates	Times for FULL class	Times for RECERTS
Class #1	January 24	4-10pm	No
	January 25	8a-7pm	8a-6p
	January 26	8a-7pm	No

Full payment is due at registration. Financial assistance is available per request. Withdraw from the course within 10 days to 7 days of the class can receive a 75% refund. Withdraw 6 days to 1 day before the class can receive a 25% refund. Withdrawal from the course on the day class begins will not receive a refund.

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 via E-book code.

- **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.

2025 Pre-Course Skills Test Completion Report

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

Cert _____ Recert _____

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:

Swim-Tread Sequence	Timed Brick

Completed by: _____

Class registering for: _____