

American Red Cross Lifeguard Training Course at the YK Fitness Center

May-June 2024

This course is offered as a combination of online training and in person classes. **Participants will need computer and internet access to participate in required online training.** In addition to the online content there will be swimming skill requirements, in water skills tests, land skills tests, and a written final exam.

This class is a 3 day intensive training and requires that all online work be completed prior to the first day of class.

To register and start this training:

1. **Practice your swim skills:** Review the pre-course skills video at <http://www.ykfitness.org/certifications> to see the skills required
 - a. Practice and testing sessions are available on Tuesday 5/7 and/or Tuesday 5/15 at 7:00pm.
 - b. If you have concerns or questions about you swim skills please contact me at Stacey.reardon@hfit.com.
2. **Complete Pre-Course Testing by May 15th**
 - a. Practice and testing sessions are available on Tuesday 5/7 and/or Tuesday 5/15 at 7:00pm.
 - b. Additional testing sessions are available by request through May 15th (I will be out of town May 16th – May 25th)
3. Download the **Lifeguard Training Manual** at: (you may need to cut and paste this link)
<https://www.redcrosslearningcenter.org/sfc/servlet.shepherd/version/download/0680V000002jiHsQA!>
All chapters should be read by May 31st.
4. **Complete online trainings by May 30th.** After succesful completion of Swim Testing you will be enrolled in the online portion of the course. If you are not able to attend swim testing before May 15th, you may still register for the course and complete the online training. You will be required to complete the swim skills test before the start of class on May 31st. If you are not able ot pass swim skills testing you wil not be able to participate in the course.
5. **Be prepared for in person classes.**
 - a. For class be sure to bring:
 - i. Swim Suit & Towel
 - ii. Snacks/lunch/water
 - iii. Positive attitude

If you have any questions or concerns, please contact me at Stacey.reardon@hfit.com.

If you are not available for the dates in this training, please complete our interest survey to help us plan the next training schedule.

https://docs.google.com/forms/d/e/1FAIpQLSd_gKWeuEfM_bqknTevKELniTzjrdODv2W73xtHgLUxeORqIlg/viewform