

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. These skills will be the first thing we do and practicing before the first class will make class much easier for you. If you have concerns or questions about you swim skills please contact me at Stacey.reardon@hfit.com.
 - a. For your own safety, candidates who do not meet minimum swim skill criteria will not be eligible to participate in the course.
2. Download the **Lifeguard Training Manual** at: (you may need to cut and paste this link) <https://www.redcrosslearningcenter.org/sfc/servlet.shepherd/version/download/0680V000002jiHsQAI>
All chapters should be read by May 31st.
3. **Complete online trainings by May 30th.** After registering for the course you will receive a link to enroll in the online sessions.
4. **Be prepared for in person classes. In person classes meet Friday – Sunday, May 31st – June 2nd from 11:00 am – 8:00 pm.**
 - a. Complete all online sessions and pass online exam with 80% or better
 - b. 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