



LIFEGUARD

2023 CERTIFICATION CLASSES

Charleston Family YMCA and the American Red Cross

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD TRAINING

- Skills and knowledge to prevent & respond to aquatic emergencies
- CPR/AED for the professional rescuer
- First Aid
- Two year certification

AGES

Must be 15 by last day of class

WHERE

Charleston Family YMCA

Cost

Skills Evaluation: \$5
 Lifeguard Class: Members \$220
 Non-Members \$275
 Recertification Class: Members \$140
 Non-Members \$175



How to Register for a Lifeguard Class

Step 1:

Attend a Skill Evaluation. **Registration required**, visit YMCAofKV.org or call 304.340.3527 to register.

Skills Evaluation consists of:

- 300 yard swim of front crawl and/or breaststroke
- Tread water for 2 minutes using only legs
- Timed event, goggles not allowed. Swim, surface dive to a depth of 6 feet, swim 10-15 yards along the bottom and retrieve a 10-pound object. Swim 20 yards with only legs and exit water without using a ladder or steps.

PARTICIPANTS MUST PASS THE ENTIRE SKILLS EVALUATION.

Step 2: After passing the Skills Evaluation you will be given a card to register for any available class. To register, visit Member Service Center and present the card. **First come, first serve. Spots fill up quickly.**

In-person & eLearning required. Link to eLearning will be sent 7-10 days prior to in-person class. Must complete & participate in all required classes & coursework, pass all written exams and demonstrate all required skill to obtain certification.

Questions?

Contact Andrea Meadows, Aquatics Director

Email: ameadows@ymcaofkv.org

Lifeguard Class Schedule

Skills Evaluation

Must pass prior to class registration

**Registration Required
Must report at start time**

January

4, 16, 23, 31 @ 5pm
15 @ 3pm

February

6, 13, 14, 20, 27 @ 5pm
12 @ 3pm

March

6, 9, 20, 27 @ 5pm
5 @ 3pm

April

10, 24 @ 5pm

Recertification Classes:

In-person class only. *Must* register at least 3 days in advance

Feb 1 5-10pm
 March 1 5-10pm
 March 29 5-10pm
 December 6 5-10pm

Class 1

Jan 14 10am-5pm
 Jan 15 10am-3pm
 Jan 16 10am-5pm

Class 2

Jan 26 5pm-10pm
 Jan 27 5pm-8pm
 Jan 28 9am-5pm

Class 3

Feb 9 5pm-10pm
 Feb 10 5pm-8pm
 Feb 11 9am-5pm

Class 4

Feb 12 10am-3pm
 Feb 13 10am-5pm
 Feb 14 10am-5pm

Class 5

Mar 14 10am-5pm
 Mar 15 10am-5pm
 Mar 16 10am-5pm

Class 6

Mar 30 5pm-10pm
 Mar 31 5pm-8pm
 April 1 9am-5pm

Class 7

April 13 5pm-10pm
 April 14 5pm-8pm
 April 15 9am-5pm

Class 8

May 11 5pm-10pm
 May 12 5pm-8pm
 May 13 9am-5pm

Class 9

Dec 14 5pm-10pm
 Dec 15 5pm-8pm
 Dec 16 10am-5pm



Failure to attend all class dates, pass all written exams, and or skills test will result in forfeiture of class fees. No Refunds. All dates are subject to change and based on participation.

Additional Classes may be added at instructor's discretion.