



LIFEGUARD

2024 CERTIFICATION CLASSES

Charleston Family YMCA and the American Red Cross



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 \$245
 Non-Members \$300
 Recertification Class: Members \$155
 Non-Members \$190



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.

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

2, 16 @ 2pm
23 @ 530pm

February

11 @ 3pm
28 @ 530pm

March

6, 19, 27 @ 530pm
10 @ 3pm

April

8 @ 530pm
17 @ 3pm

Recertification Classes:

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

February 25 10am-5pm
 March 24 10am-5pm
 April 14 10am-5pm
 May 18 10am-5pm
 May 19 10am-5pm

Class 1

Feb 7 5pm-10pm
 Feb 8 5pm-10pm
 Feb 9 5pm-8pm
 Feb 10 10am-5pm

Class 2

Feb 21 5pm-10pm
 Feb 22 5pm-10pm
 Feb 23 5pm-8pm
 Feb 24 10am-5pm

Class 3

March 20 5pm-10pm
 March 21 5pm-10pm
 March 22 5pm-8pm
 March 23 10am-5pm

Class 4

March 26 10am-5pm
 March 27 10am-5pm
 March 28 10am-5pm

Class 5

April 10 5pm-10pm
 April 11 5pm-10pm
 April 12 5pm-10pm
 April 13 10am-5pm

Class 6

April 24 5pm-10pm
 April 25 5pm-10pm
 April 26 5pm-10pm
 April 27 10am-5pm

Class 7

May 8 5pm-10pm
 May 9 5pm-10pm
 May 10 5pm-10pm
 May 11 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.