

## Lifeguard Classes

All candidates for Lifeguard Training must pass a pre-test before registering for the class. This test consists of:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete the following within 1 minute 40 seconds without goggles:
  - Starting in the water, swim 20 yards. The face may be in or out of the water.
  - Surface dive, feet or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates may not swim the distance underwater.
  - Exit the water without using a ladder or steps.

Please email Alisa Willoughby [awilloughby@frederickymca.org](mailto:awilloughby@frederickymca.org) to schedule your test.

Once this test has been successfully completed, you will be permitted to sign up for the class of your choice.

Recertification Candidates: Your certification must be current (not yet expired). You may register at the front desk or on-line. You must bring your mask to class. Please review the manual and videos on [redcross.org](http://redcross.org) before attending class.

Upon successful completion of the course, students will receive a 2 year certification in Red Cross Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer.

If you have questions or need additional information, please contact Alisa Willoughby at the email above. Thank you for your interest in our classes!

**FULL CLASS COST:**

Member \$250 Non-Member \$275 (includes mask and book on flash drive)

**RECERT CLASS COST:**

Member \$150 Non-Member \$175 (does not include mask and book)

*FEBRUARY 2022 FULL CLASS:*

*Please bring suit and be ready to swim at every class.*

Wednesday, Feb. 16 4:30-8:00	(Urbana location YMCA Room A)
Thursday, Feb. 17 4:30-8:00	(Urbana location YMCA Room A)
Friday, Feb. 18 4:30-8:00	(Urbana location YMCA Room A)
Sunday, Feb. 20 12:00-6:00	(Urbana location YMCA Room B)
Monday, Feb. 21 9:00-3:00	(Urbana location YMCA Room A)
Wednesday, Feb. 23 4:30-8:00	(Urbana location YMCA Room A)
Sunday, Feb. 27 TEST 12:00-4:00	(Downtown Frederick location Pool)

*FEBRUARY 2022 RECERT CLASS*

*Please bring suit and be ready to swim at every class.*

Friday, Feb. 18 4:30-8:00	(Urbana location YMCA Room A)
Sunday, Feb. 20 1:00-6:00	(Urbana location YMCA Room B)
Monday, Feb. 21 9:00-1:00	(Urbana location YMCA Room A)
Wednesday, Feb. 23 4:30-8:00	(Urbana location YMCA Room A)
Sunday, Feb. 27 TEST 12:00-4:00	(Downtown location YMCA Pool)

*MARCH 2022 FULL CLASS:*

*Please bring suit and be ready to swim at every class.*

Sunday, March 20 12:00-5:00 (Urbana location YMCA Room B)  
Monday, March 21 4:30-8:00 (Urbana location YMCA Room B)  
Wednesday, March 23 4:30-8:00 (Urbana location YMCA Room A)  
Saturday, March 26 1:00-6:00 (Urbana location YMCA Room A)  
Sunday, March 27 1:00-6:00 (Urbana location YMCA Room A)  
Monday, March 28 9:00-3:00 (Urbana location YMCA Room B)  
Wednesday, March 30 5:30-8:45 (Urbana location YMCA Pool)

*MARCH 2022 RECERT CLASS*

*Please bring suit and be ready to swim at every class.*

Wednesday, March 23 4:30-8:00 (Urbana location YMCA Room A)  
Saturday, March 26 1:00-6:00 (Urbana location YMCA Room A)  
Sunday, March 27 3:00-6:00 (Urbana location YMCA Room A)  
Monday, March 28 9:00-3:00 (Urbana location YMCA Room B)  
Wednesday, March 30 5:30-8:45 (Urbana location YMCA Pool)

*MAY 2022 FULL CLASS:*

*Please bring suit and be ready to swim at every class.*

Tuesday, May 10 4:30-8:00 (Urbana location YMCA Room B)  
Thursday, May 12 4:30-8:00 (Urbana location YMCA Room A)  
Friday, May 13 4:30-8:00 (Urbana location YMCA Room A)  
Sunday, May 15 1:00-6:00 (Urbana location YMCA Room B)  
Tuesday, May 17 4:30-8:00 (Urbana location YMCA Room B)  
Thursday, May 19 4:30-8:00 (Urbana location YMCA Room TBD)  
Sunday, May 22 TEST 8:00-12:00 (Urbana location YMCA Pool)

*MAY 2022 RECERT CLASS*

*Please bring suit and be ready to swim at every class.*

Friday, May 20 4:30-8:00 (Urbana location YMCA Room A))  
Saturday, May 21 9:00-6:00 (Urbana location YMCA Room A and Pool)  
Sunday, May 22 8:00-12:00 TEST (Urbana location YMCA Pool)