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**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Red Cross Lifeguard Courses

Lifeguard Blended Learning Class

Learn the skills and knowledge required to become an American Red Cross lifeguard, including how to recognize, prevent and respond quickly to aquatic emergencies. Learn CPR for the Professional Rescuer, AED, and First Aid. This course incorporates in-person, in-water, and online components.

Cost: \$200 for NSYMCA Member/ \$250 for NM

Lifeguard Class 1 Saturday, 4/17 10-7pm & Sunday, 4/18 9-5pm

Lifeguard Class 2 Saturday, 5/15 10-7pm & Sunday, 5/16 9-5pm

Lifeguard Class 3 Saturday, 5/29 9-5pm & Sunday, 5/30 9-5pm

Lifeguard Class 4 Saturday, 6/5 10-7pm & Sunday, 6/6 9-5pm

Lifeguard Review Class

The Red Cross Lifeguard Review course is intended for current lifeguards trying to re-certify. Review the skills and knowledge including how to recognize, prevent and respond quickly to aquatic emergencies. Including CPR for the Professional Rescuer, AED, and First Aid. This course incorporates in-person and in-water skills. Participants must have a current American Red Cross Lifeguard Certification or recently expired certification.

Cost: \$150 for NSYMCA Member/ \$200 for NM

Review Class 1 Saturday, 4/3 9-5pm

Review Class 2 Sunday, 4/11 9-5pm

Review Class 3 Saturday, 5/1 10-7pm

Review Class 4 Saturday, 5/8 10-7pm

Review Class 5 Saturday, 5/29 9-5pm

Review Class 6 Sunday, 5/30 9-5pm

Classes are limited at this time due to COVID-19 restrictions. Participants will receive certification after attending all class sessions, passing all written exams and water skills. Payment of class fees does not guarantee certification.

Questions—Contact Missy Contri at mcontri@nsymca.org

NORTH SUBURBAN YMCA
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