



2024 Red Cross Lifeguarding Courses

The North Suburban YMCA is currently offering the Red Cross Lifeguard course as blended learning courses, participants complete online sessions independently before attending in-person sessions led by a Red Cross certified Lifeguarding instructor.

The online sessions of the blended learning course instruct participants in the knowledge-based aspects of lifeguarding and introduce them to the skills they will practice and master during the in-person sessions.

The in-person sessions of the blended learning course focus on hands-on skill practice and scenario-based learning. Participants acquire and apply knowledge and skills primarily through video-based activities, instructor demonstrations, skill sessions and scenario-based learning.

The self-paced online sessions cover essential lifeguarding concepts and skills. Participants acquire and apply knowledge through a variety of interactive elements, including video demonstrations, infographics, quizzes, exploratory learning activities and scenarios.

Participants who receive their certificate through a blended learning course acquire the same knowledge and skills as those in an instructor-led training course.

Lifeguard Review course are available for lifeguards who have a current Red Cross Lifeguard Certification or recently expired certification within 30 days.

Attendance is required for all days and times. Participants will receive certification after attending all class sessions, passing all exams and skill assessments. Payment of class fees does not guarantee certification. There are no make-ups classes available, if you miss any part of the class you must re-register for another lifeguard class. **If the first day of class has begun there will be NO REFUNDS for any reason.**

Pre-Course Swimming

The prerequisite swimming skills evaluation is designed to assess the participant's strength, breath control, and comfort in the water and to confirm that the participant has the physical ability to successfully participate in the Lifeguard training. Failure to have attained the necessary skill level could pose a safety threat to the participant and to others in the class.

Participants will select a swim time via the Signup Genius link for the pre-course swim test before the class. They'll meet with a Lifeguard Instructor in small groups for the test, which lasts approximately 15-30 minutes. Each participant has 2 attempts for each task. Swim times will be regularly updated with lifeguard course offerings.

Sign up Genius Link will be in class information email.



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Pre-Course Swimming Test

- You must be at least 15 years of age for Lifeguarding before the last day of the training class to participate.
- Complete a swim-tread-swim sequence without stopping to rest:
 1. Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed.)
 2. Maintain position at the surface of the water for 2 minutes by treading water using only the legs, no arms
 3. Swim 50 yards using the front crawl, breaststroke or a combination of both
- Brick Test – Complete in 1 minute, 40 seconds- Swim 20 yards, surface dive to 7ft, retrieve a 10-pound brick at the bottom of the pool, return to the surface, swim on the back holding a brick to starting position, and exit the water. (Swim goggles not allowed)

See the refund policy for participants who not pass the swim test.

Blended Learning Online Portion

The online course content (16 modules) is designed to be completed in approximately 6 hours, with each module taking between 15 and 30 minutes to complete. You may require more or less time to complete each module. The online work takes 6-7 hours so do not wait until the last minute to complete.

Completion of all online course modules must be completed prior to the first in-person class.

Please follow the registration process outlined below to gain access to the online portion:

- Link in email. (if it does not open, copy and paste into your browser)
Blended Learning Link will be in class information email
- If you do not already have an account, you will need to create one – click the “New User” link and complete the information for the account – *please make note of your username and password for future access to the online content.*
- The next step will be to click “Confirm.”
- You are now enrolled. You may launch the content immediately by clicking the “Launch Course” button, then click the link next to the appropriate course. Or, you may log in at a later time.
- To log in at a later time:
 1. Click <http://redcrosslearning.com>
 2. Enter your username and password.
 3. Select the “Launch” link for the appropriate course to view and take the content.
- After all sessions are completed print a completion record and bring it to class the first day or email to mcontri@nsymca.org



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- Tip: Google Chrome is a consistent browser that works. Safari, Microsoft Edge, Firefox & Internet Explorer don't work very well with the learning platform.
- If you need assistance accessing the online session, please contact the American Red Cross Training Support Center at 1-800-RED CROSS (1-800-733-2767).
- Blended Learning fees for the online modules are paid directly to the Red Cross by the NSYMCA and cannot be refunded or transferred. If a participant has begun the online course modules and transfers courses, the Blended Learning fees must be paid again by the participant for the new course.

Lifeguard Manuals

All participants require a copy of the r. 24 Lifeguarding Manual, available in print or digitally. Options listed below.

1. Lifeguard Manual eBook-directions on our website
<https://www.nsymca.org/programs-classes/aquatics/lifeguard-training>
2. Purchase Lifeguard Manual-online or from YMCA
 - Online-\$34.95 + shipping
<https://www.redcross.org/store/american-red-cross-lifeguarding-manual/755740.html>
 - \$36 purchased from YMCA-purchased online or at front desk.
3. Lifeguard manuals available for borrowing during class; limited quantity.
 - For manual borrowing, email, email mcontri@nsymca.org

Bring to Class

Please bring swimsuit, towel, pencil/pen, and manual to all sessions. Goggles will not be permitted so bring glasses or contact case if applicable. Locks may be used to lock your locker or you may bring your items on deck.

Please bring your lunch, water bottle and snacks as we will have a lunch break. We may eat while we work so we can get through the information without rushing to complete things on the last day. The Y does have a microwave and a refrigerator available for your use.

Class Sizes

There must be a minimum of 6 participants to hold a class. If there are less than 6, you will be contacted to either switch to a future class or receive a refund. Classes that have over 10 participants may be spilt into groups and rotated through activities with different Lifeguard Instructors.



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Lifeguard Course Completion Requirements

To successfully complete a course in the Lifeguarding program, the participant must:

- Complete all online course content in advance of the corresponding in-person skill sessions
- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during skill practices, skill drills, activities and scenarios.
- Demonstrate proficiency in all skills.
- Pass the final written exam with a minimum grade of 80 percent.
- Pass the final skill assessments.

Certifications will be processed within 10 days and be emailed to participants from the Red Cross as they do not come from the YMCA. Certifications will be sent to the email address associate with the online blended learning account that was given during class. Please check your spam if you do not receive your certification.

Copies of all Red Cross certifications can be found on the Red Cross website on the Find my Certification page. <https://www.redcross.org/take-a-class/digital-certificate>

There are no make-ups classes available, if you miss any part of the class you must re-register for another lifeguard class.

Refund Policy/Transfer Policy

All Red Cross courses (Lifeguarding, First Aid/CPR, Babysitting, etc.) will be issued a NSYMCA voucher only if a withdrawal request is received 14 days before the course begins. There are no vouchers given on Red Cross fees. If the first day of class has begun there will be NO REFUNDS for any reason.

-Blended Learning fees for the online modules are paid directly to the Red Cross by the NSYMCA and cannot be refunded or transferred. If a participant has begun the online course modules and transfers courses, the Blended Learning fees must be paid again by the participant for the new course.

-Participants may transfer to a future course for a \$50 fee, if a space available and request is received 7 days before current registered class begins.

-NSYMCA Vouchers may be used towards future courses or programs and expire within 1 year.

-Participants who do not pass the prerequisites will be issued a NSYMCA voucher minus a fee based on when the course begins.

- 15+ days of class a NSYMCA voucher minus a \$50 fee.
- 14-1 days of class a NSYMCA voucher minus a \$75 fee.
- No refunds for students who fails the prerequisites the day of class.

-Training Refund/Transfer Policy differs from the NSYMCA's Refund and Credit Policy for Programs

All questions should be emailed to Missy Contri at mcontri@nsymca.org