



2026 Red Cross Lifeguarding Courses

The North Suburban YMCA offers the Red Cross Lifeguard Course as a blended learning program. Participants complete self-paced online sessions before attending in-person sessions led by a Red Cross-certified Lifeguarding instructor.

- **Online sessions** cover knowledge-based concepts and introduce skills participants will practice in person, allowing them to acquire and apply knowledge through videos, skill demonstrations, interactive graphics, quizzes, and scenario-based activities.
- **In-person sessions** focus on hands-on skill practice, scenario-based learning, and instructor-led demonstrations.

Blended learning participants receive the same knowledge and skills as those in a traditional instructor-led course. Recertification courses are available for lifeguards with a current or recently expired certification (within 30 days).

Requirements & Policies:

- Attendance is required for all scheduled sessions.
- Certification is awarded only after completing all sessions, exams, and skill assessments.
- Payment does not guarantee certification.
- There are no make-up classes; missed sessions require re-registration for an entire course.
- **No refunds** are available 24 hours before the first day of class.

Pre-Course Swimming

The prerequisite swim skills evaluation ensures participants have the strength, breath control, and comfort in the water needed to safely and successfully complete Lifeguard training. Participants who do not meet the required skill level may pose a safety risk to themselves or others.

Participants will schedule a swim time via the Signup Genius link prior to class. They will meet with a Lifeguard Instructor in small groups, which lasts about 20-30 minutes. Each participant is allowed two attempts per task. Swim times are updated regularly with each Lifeguard course offering.

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



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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 do 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. I recommend beginning the online coursework as soon as possible to ensure that you are able to complete all of the assigned online modules in advance of the in-person sessions.

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

- **Blended Learning Link will be in class information email**
 - If the link doesn't open, copy and paste it into your browser.
- If you do not already have an account, you will need to create one.
 - Make note of your **username and password** for future access.
- Follow the **Registration/Profile Creation page** instructions to gain access to the online portion.
 - You must register using your full name and email address.
 - The email you enter will serve as your username.
 - Make sure your name appears in the top corner so you receive proper credit.
 - If you have completed Red Cross Blended Learning previously, please use the same email address you used before. This ensures that all of your certifications are linked to the same account.
- You must complete the online modules before attending the in-person skills session.
 - If you do not complete the online portion, you cannot attend class and refunds will not be given.
- Blended Learning fees for online modules are paid directly to the Red Cross and cannot be refunded or transferred. See Refund Policy/Transfer Policy for more information.

Save your progress frequently.



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Tips:

- Use Google Chrome for the best experience. Safari, Edge, Firefox, and Internet Explorer may not work properly.
- Complete the blended learning on a tablet or computer, not a phone.
- For technical support, contact the American Red Cross Training Support Center at **1-800-RED CROSS (1-800-733-2767)**.

Lifeguard Manuals

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

1. Lifeguard Manual eBook

- Information and how to access the digital manual, can be found on our website: [Lifeguard Training Info](#)
- Participants must download the digital manual prior to class. Participants that download the digital manual, should arrive at the Y prior to class so their e-book is loaded on the device prior to the start of class.
- Participants will NOT be allowed to access the eBook on their phone during class. Must be on a computer or tablet.

2. Purchase Lifeguard Manual-online from Red Cross or from YMCA

- Online-\$34.95 + shipping
- [Red Cross Store](#)
- Purchased from NSYMCA for \$35
- Participants who purchased a manual during registration will receive their manuals at the first class.
- Manuals will be guaranteed for participants who purchase during registration. Manuals may be available for purchase during class but are not always guaranteed.
- Manuals may be purchased at front desk day of class.

What to Bring to Class

Please bring the following items each day, as you will be moving between the classroom and the pool:

- Swimsuit and towel
- Lifeguarding manual and pencil/pen
- Glasses or a contact case if needed (goggles are not permitted)
- Comfortable clothing for classroom learning and CPR/skills practice
- Lock for a locker (or you may keep personal items on deck)

Meals & Breaks

- A lunch break will be provided on Saturday and Sunday
- Please bring your lunch, water bottle, and plenty of snacks
- A microwave and refrigerator is available



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- There will not be time to leave the facility to get lunch
- Ordering food to be delivered to the YMCA will be limited, so please plan accordingly
- We may eat while working to stay on schedule and avoid rushing at the end course
- Lifeguard training can be physically demanding—extra snacks are encouraged
- Classes will run the full scheduled time; if we end early, it will be no more than 10 minutes

Class Size

A minimum of 6 participants is required to hold a class. If fewer than 6 register, you will be contacted at least 7 days before the start date to either move to a future class or receive a refund. Classes with more than 10 participants may be split into smaller groups and rotated through activities with different Lifeguard Instructors.

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.

Accommodations

Reasonable accommodations for the Lifeguard course may be offered; however, are limited due to the certification standards and physical requirements that must be met to successfully earn Lifeguard certification. If you anticipate needing any accommodations or assistance, including support during final testing, please contact Missy Contri prior to the start of class so options can be discussed in advance.

My Certification

Certifications will be processed within **10 days** and will be emailed directly to participants by the Red Cross, as certifications are not issued by the NSYMCA. Certifications will be sent to the email address associated with your online blended learning account used during the course. If you do not receive your certification, please be sure to check your spam or junk folder.

Copies of all Red Cross certifications can also be accessed through your account on the Red Cross website, [Find my Certification](#) page.

All questions email Missy Contri at mcontri@nsymca.org



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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 15 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 and the blended learning work restarted for the new course. Blended learning work will not be transferred to another Lifeguard course.
- Participants may transfer once to a future course for a \$50 fee, if a space available and request is received 15 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 \$65 fee.
 - 14-1 days of class a NSYMCA voucher minus a \$85 fee.
 - No refunds for students who fail the prerequisites the day of class.
- Training Refund/Transfer Policy differs from the NSYMCA's Refund and Credit Policy for Programs