



American Red Cross LIFEGUARDING CERTIFICATION



Learn how to save a life!

It's as easy as 1-2-3!

Red Cross Lifeguarding

Join us at the YMCA for American Red Cross Lifeguard Courses! All courses are blended learning classes, which require students to complete course work online. Online course materials will be provided following registration and successful completion of the pre-test.

The pre-test includes:

- 300 yard swim of front crawl and/or breaststroke
- tread water for 2 minutes using only your legs
- retrieve a 10lb brick from 8 feet deep and swim 20 yards on your back using only your legs

A pre-test will be held every Tuesday at 7pm prior to a lifeguard course.

Course Dates

Remember it's first come-first serve and spots fill up quickly. Register in person or online.

- January 19-21
- February 2-4, 16-18
- March 2-4, 9-11, 23-25
- April 6-8, 13-15, 20-22, 27-29
- May 4-6, 11-13
- June 1-3, 22-24
- July 20-22

Course Cost:

JUST \$170 FOR EVERYONE!

CPR Mask and Lifeguard Book included!

Online registration available at lasvegasyymca.org

Class information

Print online completion certificates and bring your swim suit and a snack to class! Classroom and pool sessions each day.

Course Times:

- Friday 4pm—8pm
- Saturday 9am—4pm
- Sunday 9am—4pm



**NOW HIRING AT THE Y!
Lifeguard Positions Available!**

LOCATION
SkyView YMCA
3050 E Centennial Pkwy
N Las Vegas, NV 89081

Questions?
Contact Vin Coccia
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or visit us at lasvegasyymca.org