



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RECOGNIZE RESPOND RESCUE

## YMCA OF GREATER DES MOINES Lifeguard Certification Classes

Learn how to effectively prevent and respond to water emergencies. Our courses are designed to arm you with the skills and knowledge to prepare you for a variety of scenarios in and around the water. You will learn how to quickly respond to emergencies both in the water and on land. You will also be trained on drowning and injury prevention, so you can better help those in need. **Lifeguard certification classes require an online course to be completed prior to the classroom sessions. Must be 15 to register.**

Visit [dmymca.org](http://dmymca.org) for class details..  
New Lifeguard \$175 members \$200 non-members  
Review Course \$100 members \$125 non-members



YMCA OF GREATER DES MOINES  
501 Grand Ave., Des Moines, IA 50309  
[www.dmymca.org](http://www.dmymca.org)

| SEPTEMBER 2021   |  |
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| <b>Lifeguard Certification</b><br><br><b>Location:</b> Wellmark<br><b>Dates:</b> Sept 24, 5pm-9pm<br>Sept 25, 8am-5pm<br>Sept 26, 8am-5pm<br>Must attend all dates | <b>Lifeguard Review</b><br><br><b>Location :</b> Indianola<br><b>Dates:</b> Sept 11, 8am-6pm |
| OCTOBER 2021   |  |
| <b>Lifeguard Certification</b><br><br><b>Location:</b> Indianola<br><b>Dates:</b> Oct 8, 5pm-9pm<br>Oct 9, 8am-5pm<br>Oct 10, 8am-5pm<br>Must attend all dates     | <b>Lifeguard Review</b><br><br><b>Location :</b> Wellmark<br><b>Dates:</b> Oct 16, 8am-6pm   |
| NOVEMBER 2021  |  |
| <b>Lifeguard Certification</b><br><br><b>Location:</b> Wellmark<br><b>Dates:</b> Nov 12, 5pm-9pm<br>Nov 13, 8am-5pm<br>Nov 14, 8am-5pm<br>Must attend all dates    | <b>Lifeguard Review</b><br><br><b>Location :</b> Waukee<br><b>Dates:</b> Nov 21, 8am-6pm     |

**Already certified? Lifeguard certifications are valid for 2 years. To maintain your certification you must take a lifeguard review course no later than 30 days after your expiration date. After 30 days you will need to take the full certification course to be eligible to work as a lifeguard.**



Licensed Training Provider



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## New Lifeguard Certification Classes

All YMCA-hosted lifeguard classes are using the American Red Cross Blended Learning program. Blended learning combines online learning with an in-person skills session where you will practice skills and demonstrate competency.

This is a blended learning course. You must present printed or electronic proof of completion of the online course to attend the class. The online course takes approximately 7 hours. To access the online portion go to [Lifeguard Blended Learning](#). If you need technical support, please contact Red Cross directly at 800.733.2767.

**You must be able to complete the following physical prerequisite skills on the first day of class:**

1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Candidates may swim the front crawl, breaststroke or a combination.
2. Tread water for 2 minutes using only the legs, candidates will cross their arms.
3. Starting in the water, swim 20 yards using only front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with both hands on the object, head at or near the surface and exit the water without using a ladder or steps within 1 minute and 40 seconds.

**It is recommended you read the current American Red Cross manual prior to attending the course.** You can access a copy of the manual by clicking here: [Lifeguard Manual](#)

## Lifeguard Review Classes

Already certified? Lifeguard certifications are valid for 2 years. To maintain your certification you must take a lifeguard review course no later than 30 days after your expiration date. After 30 days you will need to take the full certification course to be eligible to work as a lifeguard. Lifeguard review participants must meet the physical prerequisite skills listed above.

**It is recommended you read the current American Red Cross manual prior to attending the course.** You can access a copy of the manual by clicking here: [Lifeguard Manual](#)

## Program Refund Policy

Program fees are non-refundable but unused portions may be applied to a credit. Credits expire after one year. Credits will not be given if you have not completed your online coursework by the beginning of the first classroom day. Credits will not be given in the event you are unable to complete the prerequisites, you do not successfully pass the course, or you fail to unregister prior to the first day of the course.