



# ABILENE YMCA

## LIFEGUARD COURSES

### ~ FIRST TIME ~

## SPRING/SUMMER 2026

When you choose to become a lifeguard you are taking a stand to be a lifesaver and to be there to make a difference in your community.

### Lifeguard Candidates

This lifeguarding certification course gives participants the skills and knowledge needed to become certified lifeguards. It offers up-to-date information on how to anticipate and prevent problems and how to take action to help those in danger. It also covers safety and survival skills every swimmer needs to know, accident prevention, guarding techniques, emergency systems including lifeguarding first aid CPR, rescue skills and first aid in aquatic environments. Complete attendance is required for lifeguard certification, and all e-learnings must be completed before the in-class portion of training.

The Abilene YMCA is a certified American Red Cross training facility offering blended learning lifeguard certifications and recertifications to the community and our members. Upon successful completion of the course, participants will be certified for two years by the American Red Cross in Lifeguarding/First Aid/CPR/AED.

### Course Dates: Spring/Summer 2026 ~ First Time Certification ~

#### March (3/13/26 – 3/15/26)

\*Registration open 1/1/26 – 3/1/26

In-person Session 1 – Fri 3/13 5:00 – 7:00PM

In-person Session 2 – Sat 3/14, 8:00AM – 7:00PM

In-person Session 3 – Sun 3/15, 8:00AM – 7:00PM

#### April (4/3/26 – 4/5/26)

\*Registration open 1/1/26 – 3/22/26

In-person Session 1 – Fri 4/3 5:00 – 7:00PM

In-person Session 2 – Sat 4/4, 8:00AM – 7:00PM

In-person Session 3 – Sun 4/5, 8:00AM – 7:00PM

**Course Cost: \$200  
Registration Fee: \$30**

#### May (5/8/26 – 5/10/26)

\*Registration open 1/1/26 – 4/26/26

In-person Session 1 – Fri 5/8 5:00 – 7:00PM

In-person Session 2 – Sat 5/9, 8:00AM – 7:00PM

In-person Session 3 – Sun 5/10, 8:00AM – 7:00PM

#### June (6/12/26 – 6/14/26)

\*Registration open 1/1/26 – 5/31/26

In-person Session 1 – Fri 6/12 5:00 – 7:00PM

In-person Session 2 – Sat 6/13, 8:00AM – 7:00PM

In-person Session 3 – Sun 6/14, 8:00AM – 7:00PM



# FIRST TIME LIFEGUARD COURSE

Currently Registering for:  
(Circle one)

MARCH | APRIL | MAY | JUNE

Participant:

Participant's Gender: Male | Female  
(Circle one)

Full Name: \_\_\_\_\_

D.O.B. \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Parent/Guardian (if under 18):

Full Name: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

## Prerequisites

- Participants must be at least 15 years of age to participate in the class and must attend all session dates. Minors under 18 must have parental consent to participate in the course.
- Participants must be able to complete the Pre-Course Skills test which consists of the following:
  - Swim 150 yards without stopping either freestyle or breaststroke and demonstrate breath control, tread water for 2 minutes without arms while maintaining their face above the water, and then swim an additional 50 yards with no rest.
  - Start in the water and swim 20 yards any style without goggles, perform a surface dive feet-first or head-first to a depth of 7-10 feet, retrieve a 10 pound object and return to the surface, and holding it with both hands, kick back to the wall all within 1 minute and 40 seconds. They must be able to exit the water without a ladder before the timer ends.

\_\_\_\_\_ (Participants initials that they read the prerequisites)

## Policies

- Participants must complete their pre-course skills test prior to the first in-person session. If they fail, only one additional attempt will be allowed. If they do not pass either attempt, the participant will be removed from the class and issued a refund. No registration fees will be refunded.
- Participants must complete all assigned online class portions prior to the first in-person scheduled session otherwise they will not be allowed to participate and removed from the class. No refund will be given to removed participants.
- Participants must attend all in-person class sessions and arrive on time or they will be asked to leave and failed.
- If participant has received an offer of employment from the YMCA after successful completion of the course, their registration cost will be covered once they pass, but not the registration fee. If the participant fails, they are responsible for the payment in full.

\_\_\_\_\_ (Participants initials that they read the policies.)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Participant or Parent/Guardian if under 18)

Office use only: Amount Pd: \_\_\_\_\_ Receipt #: \_\_\_\_\_ Date: \_\_\_\_\_ Initials: \_\_\_\_\_

Payment ID: \_\_\_\_\_