



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Red Cross Lifeguard Trainings – Summer 2022**  
**YMCA of the Inland Northwest – SPOKANE BRANCHES**

**Blended Learning Course:** 7 hours online learning **MUST** be completed **PRIOR** to the start of the class sessions. Enrollment information for online training will be sent by email by the end of the next business day after registration. **Please make sure we have a valid email for the lifeguard student upon registration.**

Location	Days / Times	Class Dates	Registration Dates
<b>JUNE</b>			
Central Y	Fridays 3:30-8pm	June 3 – 24 Four 4 ½ hour class sessions total	Open: May 1 – Midnight Close: May 30 – 6pm
North Y	Saturdays 9:30am – 4:30pm	June 4 - 18 Three 7-hour class sessions total	Open: May 1 – Midnight Close: May 30 – 6pm
Valley Y	Sundays 12:30-7:30pm	June 5 - 19 Three 7-hour class sessions total	Open: May 1 – Midnight Close: May 30 – 6pm
<b>JULY</b>			
Central Y	Fridays 3:30-8pm	July 8 - 29 Four 4 ½ hour class sessions total	Open: Jun 1 – Midnight Close: Jul 1 – 6pm
North Y	Saturdays 9:30am – 4:30pm	July 9 - 23 Three 7-hour class sessions total	Open: Jun 1 – Midnight Close: Jul 1 – 6pm
Valley Y	Sundays 12:30-7:30pm	July 10-24 Three 7-hour class sessions total	Open: Jun 1 – Midnight Close: Jul 1 – 6pm
<b>AUGUST</b>			
Central Y	Fridays 3:30-8pm	August 5 – 26 Four 4 ½ hour class sessions total	Open: Jul 1 – Midnight Close: Aug 1 – 6pm
North Y	Saturdays 9:30am – 4:30pm	August 6 - 20 Three 7-hour class sessions total	Open: Jul 1 – Midnight Close: Aug 1 – 6pm
Valley Y	Sundays 12:30-7:30pm	August 7 - 21 Three 7-hour class sessions total	Open: Jul 1 – Midnight Close: Aug 1 – 6pm

**Registration Instructions and Fees:**

Students may register online at [ymcainw.org/programs](http://ymcainw.org/programs), by calling the YMCA at 509-777-9622, or through a Member Service Representative at one of our facilities. Registration will only be accepted during the corresponding registration period. Registration will close one week prior to class to allow for all students to complete the online training portion prior to the in-person start date. Spaces are limited on a first come, first served basis – maximum capacity cannot be changed.

**Cost: Y Members \$200 | Community Members \$250**



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**Additional Course Information:**

Cost includes 2-year certification in American Red Cross Lifeguarding, First Aid, CPR/AED, and Administering Emergency Oxygen; 1-year Bloodborne Pathogen certification; a hard copy of the Lifeguard Training Manual; and a CPR Pocket Mask.

**Pre-Requisites:**

- 15 years old by the last day of class
- Swim a continuous 300 yards (6 laps down and back) – may use front crawl/freestyle or breaststroke; swimming on back or side not permitted.
- Swim 20 yards, dive down 7-10 feet and retrieve a 10-pound brick, return to the surface and swim with the brick back to the starting point within 1 minute and 40 seconds (both hands must be on the brick and face must be out of the water – no goggles permitted for this skill).
- 2 minutes continuous treading water using legs only.

**COVID-19 Safety:**

**\*While emergency orders are in place\*:**

We are running Blended Learning courses currently to decrease the amount of class time in-person. Class sessions will be conducted in a manner to reduce contact and to ensure each student has their own training supplies without sharing. Due to the nature of first responder training, there WILL be times of physical contact with other students in the water without the ability to wear a face mask, such as practicing rescuing another person or strapping to a backboard in the water. Any skills that can be distanced or modified will be. We will follow all CDC, state, and local health district requirements for professional and first responder trainings.

**Please do not come to class and contact your instructor if:**

**You or a household member have been in close contact with a positive COVID-19 case within the past 14 days. Or if you are exhibiting any signs or symptoms of COVID-19 prior to class.**

**This includes:**

- |                          |                                    |
|--------------------------|------------------------------------|
| - Fever over 100°F       | - Muscle / Body Aches              |
| - Cough                  | - Sore Throat                      |
| - Chills                 | - Runny Nose / Congestion          |
| - Shortness of Breath    | - Nausea / Vomiting                |
| - Loss of Taste or Smell | - Diarrhea (2 or more in 24 hours) |

For more information, questions, or concerns please contact Therese Jarvis at [tjarvis@ymcainw.org](mailto:tjarvis@ymcainw.org)