



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Red Cross Lifeguard Trainings: September–December 2023
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
SEPTEMBER			
Central Y	Fridays 3:30-8pm	September 22, 29, October 6, and 13 Four 4 ½ hour class sessions total	Open: Aug 1 – Midnight Close: Sep 15 – 6pm
North Y	Saturdays 9:30am – 4:30pm	September 9, 16, and 23 Three 7-hour class sessions total	Open: Aug 1 – Midnight Close: Sep 3 – 6pm
Valley Y	Sundays 12:30 – 7:30pm	September 17, 24, and October 1 Three 7-hour class session total	Open: Aug 1 – Midnight Close: Sep 11 – 6pm
OCTOBER			
Central Y	Fridays 3:30-8pm	September 22, 29, October 6, and 13 Four 4 ½ hour class sessions total	Open: Sep 1 – Midnight Close: Oct 13 – Midnight
North Y	Saturdays 9:30am – 4:30pm	October 14, 21, and 28 Three 7-hour class sessions total	Open: Sep 1 – Midnight Close: Oct 8 – 6pm
Valley Y	Sundays 12:30-7:30pm	October 8, 15, and 22 Three 7-hour class sessions total	Open: Sep 1– Midnight Close: Oct 1 – 6pm
NOVEMBER			
North Y	Saturdays 9:30am – 4:30pm	November 4, 11, and 18 Three 7-hour class sessions total	Open: Sep 15 – Midnight Close: Oct 28 – 6pm
Valley Y	Sundays 12:30-7:30pm	November 5, 12, and 19 Three 7-hour class sessions total	Open: Sep 15 – Midnight Close: Oct 29 – 6pm
DECEMBER			
Central Y	Fridays 3:30-8pm	December 1, 8, 15, and 22 Three 7-hour class sessions total	Open: Oct 15 – Midnight Close: Nov 24 – 6pm
North Y	Saturdays 9:30am – 4:30pm	December 2, 9, and 16 Three 7-hour class sessions total	Open: Oct 15 – Midnight Close: Nov 25 – 6pm
Valley Y	Sundays 12:30-7:30pm	December 3, 10, and 17 Three 7-hour class sessions total	Open: Oct 15 – Midnight Close: Nov 26 – 6pm
WINTER BREAK			
North Y	Wednesday-Friday 9:30am-4:30pm	December 20, 21, and 22 Three 7- hour class sessions total	Open: Nov 1 – Midnight Close: Dec 13 – 6pm
Valley Y	Wednesday-Friday 9:30am-4:30pm	December 27, 28, and 29 Three 7- hour class sessions total	Open: Nov 1 – Midnight Close: Dec 20 – 6pm

Registration Instructions and Fees:

Students may register online at ymcainw.org/programs or through a Member Service Representative at one of our facilities. Registration will only be accepted during the corresponding registration period.

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

Additional Course Information:

Cost includes 2-year certification in American Red Cross Lifeguarding, First Aid, CPR/AED, and Administering Emergency Oxygen* (*time permitting); 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.
- 2 minutes continuous treading water using legs only.

For more information, questions, or concerns please contact Therese Jarvis at tjarvis@ymcainw.org