



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Red Cross Lifeguard Trainings: April - June 2024

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
SPRING BREAK – APRIL			
North Y	Monday-Thursday 9am-1:30pm	April 1-4 Four 4 ½ hour class sessions total	Open: Feb 1 – Midnight Close: Mar 25 - 6pm
Valley Y	Monday-Thursday 1-5:30pm	April 1-4 Four 4 ½ hour class sessions total	Open: Feb 1 – Midnight Close: Mar 25 - 6pm
APRIL			
Central Y	Fridays 3:30-8pm	April 5, 12, 19, 26 Four 4 ½ hour class sessions total	Open: Feb 1 – Midnight Close: Mar 29 – 6pm
North Y	Saturdays 9:30am – 4:30pm	April 6, 13, 20 Three 7-hour class sessions total	Open: Feb 1 – Midnight Close: Mar 30 – 6pm
Valley Y	Sundays 12:30 – 7:30pm	April 7, 14, 21 Three 7-hour class session total	Open: Feb 1 – Midnight Close: Mar 31 – 6pm
MAY			
Central Y	Fridays 3:30-8pm	May 3, 10, 17, 24 Four 4 ½ hour class sessions total	Open: Mar 1 – Midnight Close: Apr 26 – 6 pm
North Y	Saturdays 9:30am – 4:30pm	May 4, 11, 18 Three 7-hour class sessions total	Open: Mar 1 – Midnight Close: Apr 27 – 6 pm
Valley Y	Sundays 12:30-7:30pm	May 5, 19, June 2 (no class 5/12 for Mother’s Day or 5/26 for Memorial Day Weekend) Three 7-hour class sessions total	Open: Mar 1 – Midnight Close: Apr 28 – 6 pm
JUNE			
Central Y	Fridays 3:30-8pm	June 7, 14, 21, 28 Four 4 ½ hour class sessions total	Open: Apr 1 – Midnight Close: May 31 – 6pm
North Y	Saturdays 9:30am – 4:30pm	June 8, 15, 22 Three 7-hour class sessions total	Open: Apr 1 – Midnight Close: Jun 1 – 6pm
Valley Y	Sundays 12:30-7:30pm	June 23, 30, July 7 Three 7-hour class sessions total	Open: Apr 1 – Midnight Close: Jun 16 – 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