



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Red Cross Lifeguard Trainings: JAN-APR 2025

YMCA of the Inland Northwest – SPOKANE BRANCHES

Blended Learning Course: 6 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
JANUARY			
North Y	Saturdays 9am – 4:30pm	January 4, 11, 18 Three 7-hour class session total	Open: Nov 30 – Midnight Close: Dec 29 – 6pm
Valley Y	Sundays 12:30 – 8pm	January 5, 12, 19 Three 7-hour class sessions total	Open: Nov 30 – Midnight Close: Dec 30 – 6pm
FEBRUARY			
North Y	Saturdays 9am – 4:30pm	February 1, 8, 15 Three 7-hour class session total	Open: Dec 14 – Midnight Close: Jan 26 – 6pm
Valley Y	Sundays 12:30 – 8pm	February 2, 9, 16 Three 7-hour class sessions total	Open: Dec 14 – Midnight Close: Jan 27 – 6pm
Central Y	Tues & Thurs 6-9pm	February 18 – March 11 Seven 3-hour class sessions total	Open: Dec 14 – Midnight Close: Feb 13 – 6pm
MARCH			
North Y	Saturdays 9am – 4:30pm	March 1, 8, 15 Three 7-hour class session total	Open: Jan 11 – Midnight Close: Feb 23 – 6pm
Valley Y	Sundays 12:30 – 8pm	March 2, 9, 16 Three 7-hour class sessions total	Open: Jan 11 – Midnight Close: Feb 23 – 6pm
Central Y	Tues & Thurs 6-9pm	March 13 – April 3 Seven 3-hour class sessions total	Open: Jan 11 – Midnight Close: Feb 13 – 6pm
SPRING BREAK			
North Y	Mon – Wed 9am – 4:30pm	April 7, 8, 9 Three 7-hour class session total	Open: Feb 1 – Midnight Close: Mar 25 – 6pm
Valley Y	Mon – Thurs 12 – 5:30pm	April 7, 8, 9, 10 Four 5.5 hour class sessions total	Open: Feb 1 – Midnight Close: Mar 25 – 6pm

See Reverse for Registration Instructions, Fees, and Prerequisites



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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 version 2024, 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: Completed at the beginning of the course, must be successful in order to continue in the class.

- 15 years old by the last day of class.
- Swim-Tread-Swim Sequence:
 - o Swim 150 yards using front crawl or breaststroke.
 - o Stop swimming in deep end and maintain position at the surface for 2 minutes by treading water using only the legs.
 - o Immediately resume swimming 50 yards using front crawl or breaststroke.
 - *Must maintain horizontal or nearly horizontal swimming body position and demonstrate good breathing technique
 - * Goggles are permitted for this skill
- Timed “Brick Test” – must be completed within 1 minute 40 seconds
 - o 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 holding the brick at the surface with both hands and keeping the face at the surface, exit the water without using a ladder or steps.
 - * Goggles are not permitted for this skill

For more information, questions, or concerns please contact Stephen Davis at sdavis@ymcainw.org