



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD CERTIFICATION COURSE

**BECOME
A LIFEGUARD
REGISTER TODAY!**



PREREQUISITES:

- Must be 16 years or older by the last day of Lifeguard Certification class.
(If under 18 must have parental consent)
- Able to tread water for 2 minutes using only your legs
- Swim continuously for 500-yds

TO RECEIVE A LIFEGUARD CERTIFICATION A CANDIDATE MUST:

- Attend 100% of all class sessions
- Arrive on time for all class & pool sessions
- Participate 100% in all sessions
- Pass written and skills tests
- Demonstrate maturity, respect and responsibility
- Complete all online e-learnings.

COURSE FEE: Members \$300

For More Info Contact

Ryan Pegarsch; Aquatics Director
701 1st Street North West
Hickory, NC 28601
828-324-2858 | ryanp@ymcacv.org

Logan Taylor; Aquatics Director
Adrian L. Shuford Jr. YMCA
1104 Conover Blvd. East
Conover, NC 28613
828-464-6130 | logant@ymcacv.org

For Class Calendar Please Proceed To The Back

YMCA Lifeguard Class Registration Instructions

1. Visit www.yexchange.org
2. Create an account or log in.
3. Click on 'Home' & then click on the Learning Career & Development Center (LCDC) page
4. Search either location to find the available classes
 - Lifeguard V6
 - Lifeguard Recertification V6
5. Select the class which you wish to register for then scroll to the bottom & click on 'Register for this class'
6. Print out the Confirmation Page & bring payment to complete your registration

Red Cross Lifeguard Class Registration

1. Register at the following link: <https://forms.gle/XKGy9zgMvKqstbSA6> ,or scan the QR code to the right.



Be on the look out for an email from the Red Cross Learning Center for the online modules.

2023 Lifeguard Class Calendar

Registration Date	Class Week	Days	Location	Training Org.
Monday, Dec. 6th - Sunday, Jan. 15th	Monday, Jan. 16th - Sunday, Jan. 22nd	Mon, Friday - Sunday	Hickory Foundation Y C.O. Miller Teen Center	YMCA
Monday, Feb. 6th - Sunday, Mar. 5th	Thursday, Mar. 9th - Sunday, Mar. 12th	Thursday - Sunday	Adrian L. Shuford Jr. YMCA	YMCA
Monday, Feb. 27th - Sunday, Apr. 16th	Wednesday, Apr. 19th - Sunday, Apr. 23rd	Wednesday - Sunday	Adrian L. Shuford Jr. YMCA	Red Cross
Monday, Mar. 13th - Sunday, May 7th	Thursday, May 11th - Sunday, May 14th	Thursday - Sunday	Hickory Foundation Y C.O. Miller Teen Center	YMCA
Monday, May 1st - Sunday, May 28th	Monday, June 5th - Thursday, June 8th	Monday - Thursday	Adrian L. Shuford Jr. YMCA	YMCA
Monday, May 15th - Sunday, June 18th	Monday, June 26th - Thursday, June 30th	Monday - Thursday	Hickory Foundation Y C.O. Miller Teen Center	YMCA
Monday, July 10th - Sunday, Aug. 6th	Monday, Aug. 14th - Thursday, Aug. 17th	Monday - Thursday	Hickory Foundation Y C.O. Miller Teen Center	YMCA
Monday, Sept. 11th - Sunday, Oct. 15th	Thursday, Oct. 19th - Sunday, Oct. 22th	Thursday - Sunday	Hickory Foundation Y C.O. Miller Teen Center	YMCA
Monday, Oct. 3rd - Sunday, Dec. 3rd	Thursday, Dec. 7th - Sunday, Dec. 10th	Thursday - Sunday	Adrian L. Shuford Jr. YMCA	YMCA