



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARD

CERTIFICATION

COURSE

**BECOME
A LIFEGUARD
REGISTER TODAY!**



PREREQUISITES:

- Must be 15 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: \$300

For More Info Contact

Sean Aberle; Aquatics Director
701 1st Street North West
Hickory, NC 28601
828-324-2858 | Seana@ymcacr.org

Derrick Artis; Aquatics Director
Adrian L. Shuford Jr. YMCA
1104 Conover Blvd. East
Conover, NC 28613
828-464-6130 | Derricka@ymcacr.org

For Class Calendar Please Proceed To The Back

YMCA Lifeguard Class Registration Instructions

We are currently not able to offer YMCA Lifeguard Certifications through Yexchange.org at the moment. Certified Instructors will be available to teach this class by May 8th class date. We will update the form accordingly.

We apologize for any inconveniences. Please refer to the "Red Cross Lifeguard Class Registration" for our next upcoming Lifeguard class.

Red Cross Lifeguard Class Registration

1. Register at the following link:

<http://bit.ly/4ivSNUc>

Be on the look out for an email from the Red Cross Learning Center for the online E-Training Modules.

2025 Lifeguard Class

Registration Date	Class Week	Days	Location	Training Org.
January 6th - February 2nd	February 6th - February 9th	Thursday -Sunday	Adrian L. Shuford Jr. Y Large Meeting Room	Red Cross
February 3rd - March 2nd	March 6th - March 9th	Thursday -Sunday	Adrian L. Shuford Jr. Y Large Meeting Room	Red Cross
February 17th - March 16th	March 20th - March 23rd	Thursday -Sunday	Hickory Foundation Y C.O. Miller Teen Center	Red Cross
March 10th - April 6th	April 10th - April 13th	Thursday -Sunday	Adrian L. Shuford Jr. Y Large Meeting Room	YMCA/Red Cross
March 24th - April 20th	April 24th - April 27th	Thursday -Sunday	Hickory Foundation Y C.O. Miller Teen Center	YMCA/Red Cross
April 14th - May 4th	May 8th - May 11th	Thursday -Sunday	Hickory Foundation Y C.O. Miller Teen Center	YMCA/Red Cross
April 28th - May 15th	May 19th - May 23rd	Monday - Friday	Adrian L. Shuford Jr. Y Large Meeting Room	YMCA/Red Cross
May 12th—June 12th	June 16th—June 20th	Monday -Friday	Adrian L. Shuford Jr. Y Large Meeting Room	YMCA/Red Cross
May 26th—June 22nd	June 26th—June 29th	Thursday -Sunday	Adrian L. Shuford Jr. Y Large Meeting Room	YMCA/Red Cross
June 9th—July 6th	July 10th—July 13th	Thursday -Sunday	Adrian L. Shuford Jr. Y Large Meeting Room	YMCA/Red Cross
June 16th—July 17th	July 21st—July25th	Thursday -Sunday	Adrian L. Shuford Jr. Y Large Meeting Room	YMCA/Red Cross