



American Red Cross Certified LIFEGUARD TRAINING

Learn how to save a life!

It's as easy as 1-2-3!

Step 1:

Come to a Tuesday evening pre-test at 7 pm! No need to sign-up in advance, but be sure to be here 30 minutes early if it's your first time at the Y. Bring a parent or guardian if you are under 18 years.

The pre-test includes:

- 300 yard swim of front crawl and/or breaststroke
- retrieve a 10lb brick from 8 feet deep and swim 20 yards on your back using only your legs
- tread water for 2 minutes using only your legs

Pre-Test Dates:

- January 15
- February 5, 12, 19, 26
- March 5, 12, 19, 26
- April 2, 9, 16, 23, 30
- May 7, 14, 28
- June 4, 11, 25
- July 9, 30
- September 3

Step 2:

After passing the pre-test, visit the front desk to register for your course! Remember it's first come-first serve and spots fill up quickly.

Course Times:

- Friday 3pm—9pm
- Saturday 8am—6pm
- Sunday 8am—6pm

Course Dates:

- January 18-20
- February 8-10, 15-17, 22-24
- March 1-3, 8-10, 15-17, 22-24, 29-31
- April 5-7, 12-14, 19-21, 26-28
- May 3-5, 10-12, 17-19*, 31-6/2*
- June 7-9*, 14-16, 28-30
- July 12-14
- August 2-4
- September 6-8

Course Cost:

- \$155 for Y Members
- \$195 for Non-Members
- \$20 for CPR Mask (you may bring your own if you'd like)

Step 3:

The Y is hiring at all locations! Take a class before April and submit an application on our website to be invited in for a group interview!

NEW LOCATION!
Classes will be held at the SkyView YMCA
3050 E Centennial Parkway, NLV

Just off the I-15 and Lamb Blvd!



* These classes will be held at the Durango Hills YMCA.

If you would like to recertify, the process has changed. Contact the Y or check our website for more details.

YMCA OF SOUTHERN NEVADA
Lifeguard Positions Open!

3050 E Centennial Parkway
N Las Vegas, NV 89081
lasvegasyymca.org

Questions? Contact Russ Eidman at
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