



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RECOGNIZE RESPOND RESCUE

YMCA OF GREATER DES MOINES

Learn how to effectively prevent and respond to water emergencies. Our courses are designed to arm you with the skills and knowledge to prepare you for a variety of scenarios in and around the water. You will learn how to quickly respond to emergencies both in the water and on land. You will also be trained on drowning and injury prevention, so you can better help those in need. **Lifeguard certification classes require an online course to be completed prior to the classroom sessions.** Must be 15 to register.

Visit dmymca.org for class details.



| JANUARY 2023 | |
|--|---|
| <p>Lifeguard Certification</p> <p>Location: Waukee Dates: Jan 6, 5pm-9pm Jan 7, 8am-5pm Jan 8, 8am-5pm Must attend all dates</p> <p>Location: Waukee Dates: Jan 20, 5pm-9pm Jan 21, 8am-5pm Jan 22, 8am-5pm Must attend all dates</p> | <p>Lifeguard Review</p> <p>Location : Waukee Dates: Jan 14, 8am-6pm</p> |
| FEBRUARY 2023 | |
| <p>Lifeguard Certification</p> <p>Location: Waukee Dates: Feb 24, 5pm-9pm Feb 25, 8am-5pm Feb 26, 8am-5pm Must attend all dates</p> | <p>Lifeguard Review</p> <p>Location : Waukee Dates: Feb 18, 8am-6pm</p> |
| MARCH 2023 | |
| <p>Lifeguard Certification</p> <p>Location: Indianola Dates: Mar 3, 5pm-9pm Mar 4, 8am-5pm Mar 5, 8am-5pm Must attend all dates</p> <p>Location: Indianola Dates: Mar 10, 5pm-9pm Mar 11, 8am-5pm Mar 12, 8am-5pm Must attend all dates</p> <p>Location: Waukee Dates: Mar 14, 8am-4pm Mar 15, 8am-4pm Mar 16, 8am-2pm Must attend all dates</p> <p>Location: Waukee Dates: Mar 24, 5pm-9pm Mar 25, 8am-5pm Mar 26, 8am-5pm Must attend all dates</p> | <p>Lifeguard Review</p> <p>Location : Waukee Dates: Mar 4, 8am-6pm</p> <p>Location : Wellmark Dates: Mar 25, 8am-6pm</p> |

This is not a school publication, nor is it any way endorsed or sponsored by any school



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| APRIL 2023 | |
|---|---|
| Lifeguard Certification Location: Wellmark Dates: Apr 21, 5pm-9pm Apr 22, 8am-5pm Apr 23, 8am-5pm Must attend all dates | Lifeguard Review Location : Wellmark Dates: Apr 15, 8am-6pm Location : Waukee Dates: Apr 29, 8am-6pm |
| MAY 2023 | |
| Lifeguard Certification Location: Waukee Dates: May 5, 5pm-9pm May 6, 8am-5pm May 7, 8am-5pm Must attend all dates Location: Wellmark Dates: May 19, 5pm-9pm May 20, 8am-5pm May 21, 8am-5pm Must attend all dates | Lifeguard Review Location : Waukee Dates: May 13, 8am-6pm |
| JUNE 2023 | |
| Lifeguard Certification Location: Wellmark Dates: June 2, 5pm-9pm June 3, 8am-5pm June 4, 8am-5pm Must attend all dates Location: Indianola Dates: June 9, 5pm-9pm June 10, 8am-5pm June 11, 8am-5pm Must attend all dates Location: Waukee Dates: June 23, 5pm-9pm June 24, 8am-5pm June 25, 8am-5pm Must attend all dates | Lifeguard Review Location : Wellmark Dates: June 17, 8am-6pm |

| JULY 2023 | |
|---|--|
| Lifeguard Certification Location: Wellmark Dates: Jul 21, 5pm-9pm Jul 22, 8am-5pm Jul 23, 8am-5pm Must attend all dates | Lifeguard Review Location : Waukee Dates: Jul 15, 8am-6pm |
| AUGUST 2023 | |
| Lifeguard Certification Location: Wellmark Dates: Aug 11, 5pm-9pm Aug 12, 8am-5pm Aug 13, 8am-5pm Must attend all dates | Lifeguard Review Location : Waukee Dates: Aug 19, 8am-6pm |
| SEPTEMBER 2023 | |
| Lifeguard Certification Location: Wellmark Dates: Sep 8, 5pm-9pm Sep 9, 8am-5pm Sep 10, 8am-5pm Must attend all dates | Lifeguard Review Location : Wellmark Dates: Sep 23, 8am-6pm |
| NOVEMBER 2023 | |
| Lifeguard Certification Location: Wellmark Dates: Nov 3, 5pm-9pm Nov 4, 8am-5pm Nov 5, 8am-5pm Must attend all dates | Lifeguard Review Location : Waukee Dates: Nov 11, 8am-6pm |
| JANUARY 2024 | |
| Lifeguard Certification Location: Waukee Dates: Jan 5, 5pm-9pm Jan 6, 8am-5pm Jan 7, 8am-5pm Must attend all dates | Lifeguard Review Location : Waukee Dates: Jan 13, 8am-6pm |



Licensed Training Provider



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| FEBRUARY 2024 | |
|--|---|
| Lifeguard Certification Location: Waukee Dates: Feb 23, 5pm-9pm Feb 24, 8am-5pm Feb 25, 8am-5pm Must attend all dates | Lifeguard Review Location : Waukee Dates: Feb 17, 8am-6pm |
| MARCH 2024 | |
| Lifeguard Certification Location: Waukee Dates: Mar 12, 5pm-9pm Mar 13, 8am-5pm Mar 14, 8am-5pm Must attend all dates Location: Waukee Dates: Mar 22, 5pm-9pm Mar 23, 8am-5pm Mar 24, 8am-5pm Must attend all dates | Lifeguard Review Location : Waukee Dates: Mar 2, 8am-6pm Location : Wellmark Dates: Mar 13, 8am-6pm Location : Wellmark Dates: Mar 23, 8am-6pm |
| APRIL 2024 | |
| Lifeguard Certification Location: Wellmark Dates: Apr 19, 5pm-9pm Apr 20, 8am-5pm Apr 21, 8am-5pm Must attend all dates | Lifeguard Review Location : Wellmark Dates: Apr 13, 8am-6pm |
| MAY 2024 | |
| Lifeguard Certification Location: Waukee Dates: May 3, 5pm-9pm May 4, 8am-5pm May 5, 8am-5pm Must attend all dates Location: Wellmark Dates: May 31, 5pm-9pm Jun 1, 8am-5pm Jun 2, 8am-5pm Must attend all dates | Lifeguard Review Location : Waukee Dates: May 11, 8am-6pm Location : Wellmark Dates: May 18, 8am-6pm |

| JUNE 2024 | |
|---|--|
| Lifeguard Certification Location: Waukee Dates: Jun 7, 5pm-9pm Jun 8, 8am-5pm Jun 9, 8am-5pm Must attend all dates Location: Waukee Dates: Jun 21, 5pm-9pm Jun 22, 8am-5pm Jun 23, 8am-5pm Must attend all dates | Lifeguard Review Location : Wellmark Dates: Jun 15, 8am-6pm |

Already certified? Lifeguard certifications are valid for 2 years. To maintain your certification you must take a lifeguard review course no later than 30 days after your expiration date. After 30 days you will need to take the full certification course to be eligible to work as a lifeguard.





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All YMCA-hosted lifeguard classes are using the American Red Cross Blended Learning program. Blended learning combines online learning with an in-person skills session where you will practice skills and demonstrate competency.

This is a blended learning course. You must present printed or electronic proof of completion of the online course to attend the class. The online course takes approximately 7 hours. To access the online portion go to [Lifeguard Blended Learning](#). If you need technical support, please contact Red Cross directly at 800.733.2767.

You must be able to complete the following physical prerequisite skills on the first day of class:

1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. Candidates may swim the front crawl, breaststroke or a combination.
2. Tread water for 2 minutes using only the legs, candidates will cross their arms.
3. Starting in the water, swim 20 yards using only front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with both hands on the object, head at or near the surface and exit the water without using a ladder or steps within 1 minute and 40 seconds.

It is recommended you read the current American Red Cross manual prior to attending the

New Lifeguard Certification Classes

Already certified? Lifeguard certifications are valid for 2 years. To maintain your certification you must take a lifeguard review course no later than 30 days after your expiration date. After 30 days you will need to take the full certification course to be eligible to work as a lifeguard. Lifeguard review participants must meet the physical prerequisite skills listed above.

It is recommended you read the current American Red Cross manual prior to attending the course. You can access a copy of the manual by clicking here: [Lifeguard Manual](#)

Program fees are non-refundable but unused portions may be applied to a credit. Credits expire after one year. Credits will not be given if you have not completed your online coursework by the beginning of the first classroom day. Credits will not be given in the event you are unable to complete the prerequisites, you do not successfully pass the course, or you fail to unregister prior to the first day of the course.