



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-learning.

For More Info Contact

Rachel Heck; Aquatics Director
701 1st Street North West
Hickory, NC 28601
828-324-2858 | Rachelh@ymcacv.org

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

COURSE FEE: Members \$200 Program Participants \$230

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
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.

2022 Lifeguard Class Calendar

Registration Date	Class Week	Days	Location	Training Org.
Monday December 6th - Sunday January 16th	Monday January 24th - Sunday January 30th	Monday -Sunday	Hickory Foundation Y C.O. Miller Teen Center	YMCA
Monday January 17th - Sunday February 27th	Monday March 7th - Sunday March 13th	Monday -Sunday	Adrian L. Shuford Jr. Y Community Center	YMCA
Monday February 28th - Sunday March 27th	Monday April 4th - Sunday April 10th	Monday -Sunday	Hickory Foundation Y C.O. Miller Teen Center	YMCA
Monday March 28th - Sunday April 10th	Monday April 18th - Sunday April 24th	Monday -Sunday	Adrian L. Shuford Jr. Y Community Center	YMCA
Monday April 3rd - Sunday April 24th	Wednesday May 4th - Sunday May 8th	Wednesday -Sunday	Adrian L. Shuford Jr. Y Community Center	Red Cross
Monday April 11th - Sunday May 8th	Monday May 16th - Sunday May 22nd	Monday -Sunday	Hickory Foundation Y C.O. Miller Teen Center	YMCA
Monday May 1st - Sunday May 29th	Monday June 1st - Sunday June 5th	Wednesday -Sunday	Adrian L. Shuford Jr. Y Community Center	Red Cross
Monday June 6th - Sunday October 2nd	Monday October 10th - Sunday October 16th	Monday -Sunday	Hickory Foundation Y C.O. Miller Teen Center	YMCA
Monday October 3rd - Sunday December 4th	Monday December 12th - Sunday December 18th	Monday -Sunday	Adrian L. Shuford Jr. Y Community Center	YMCA