



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
- Able to swim continuously for 500 yards

TO RECEIVE A LIFEGUARD CERTIFICATION A CANDIDATE MUST:

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

COURSE FEE: \$300

Proceed to the Back for Class Offerings



YMCA Lifeguard Class Registration Instructions

Create a Y Exchange account if you do not have one already and then register for your chosen class.

All E-Learning must be completed in order to register for YMCA Lifeguard classes.

Sarah Bai | Aquatics Director | Sarahb@ymcacv.org **Adrian L. Shuford Jr. YMCA**

Adrian L. Shuford Jr. YMCA | 1104 Conover Blvd. East, Conover, NC 28613

Red Cross Lifeguard Class Registration

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

Gracie Fulcher | Aquatics Director | Gracief@ymcacv.org | (828) 838-1296

Hickory Foundation YMCA | 701 1st St NW, Hickory, NC 28601

Lori Stroup | Aquatics Director | Loris@ymcacv.org | (828) 838-1891

Lincoln County YMCA | 1402 Gaston St, Lincolnton, NC 28092

2026 Spring Lifeguard Classes

| Registration Deadline | Class Week | Times* | Location | Training Organization |
|------------------------------|------------------------|--|-------------------------------|------------------------------|
| March 21st | March 28th | Saturday 9am-5pm | Hickory Foundation YMCA | Red Cross Recertification |
| April 1st | April 6th - April 10th | Monday 5-8pm Tuesday 9:30am-4:30pm Wednesday 9:30am-4:30pm Thursday 9:30am-4:30pm | Adrian L. Shuford Jr. YMCA | YMCA V7 |
| April 2nd | April 7th - April 9th | Tuesday-Thursday 9am-5pm | Hickory Foundation YMCA | Red Cross |
| May 2nd | May 7th - May 10th | Thursday 4-9pm Friday 4-9pm Saturday 8am-4pm Sunday 12-6pm | Hickory Foundation YMCA | Red Cross |

*Times are subject to change