



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EDUCATE
ADVOCATE
SAVE LIVES



Red Cross Lifeguard Courses

Lifeguard Blended Learning Class

Learn the skills and knowledge required to become an American Red Cross lifeguard, including how to recognize, prevent and respond quickly to aquatic emergencies. Learn CPR for the Professional Rescuer, AED, and First Aid. This course incorporates in-person, in-water, and online components.

Cost:

\$215 for NSYMCA Members \$265 for Non-Members

Winter Classes

Lifeguard Class 1 Tuesday, 12/27 9-4pm, Wednesday, 12/28 9-4pm & Thursday, 12/29 9-4pm

Lifeguard Class 2 Friday, 2/3 6-9pm, Saturday, 2/4 10-7pm & Sunday, 2/5 9-5pm

Lifeguard Class 3 Friday, 3/3 6-9pm, Saturday, 3/4 10-7pm & Sunday, 3/5 9-5pm

Lifeguard Class 4 Tuesday, 3/28 9-4pm, Wednesday, 3/29 9-4pm & Thursday, 3/30 9-4pm

Registration going on now for all Winter classes

Spring Class

Lifeguard Class 5 Friday, 4/14 6-9pm, Saturday, 4/15 10-7pm & Sunday, 4/16 9-5pm

Registration begins February 1st

Lifeguard Class 6 Friday, 5/5 6-9pm, Saturday, 5/6 10-7pm & Sunday, 5/7 9-5pm

Registration begins March 1st

Lifeguard Class 7 Friday, 5/26 6-9pm, Saturday, 5/27 10-7pm & Sunday, 5/28 9-5pm

Registration begins April 1st

Participants will receive certification after attending all class sessions, passing all written exams and water skills. Payment of class fees does not guarantee certification.

Questions—Contact Missy Contri at mcontri@nsymca.org

NORTH SUBURBAN YMCA
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