

Continue



At the Y, water safety is a key part of our mission to encourage health and active fun in the water. Our policies ensure our pools stay safe for everyone. All swimmers under age 14 must pass a swim test before they can be in a YMCA pool area without direct adult supervision. The swim test consists of a 25-yard swim, during which youth are asked to achieve the following: Jump into the pool, submerge fully, return to the surface and immediately begin swimming without pushing off the wall. Swim in a horizontal position on top of the water using a forward crawl and breaststroke. The swimmer's arms must achieve full extension on every stroke, and he or she must maintain one or both of the strokes for the full 25-yard swim. Pausing is only allowed when the swimmer is rotating or turning to breathe. Exit the pool without assistance using either the wall or pool ladder. Policies for young children Parents/guardians of swimmers under age 7 who pass the test must remain on-site at the pool. All swimmers age 7 and older who have passed the test may use the pool on their own. What if my child doesn't pass? Swimmers who do not pass the swim test must remain within arm's reach of an adult in water that is armpit level or lower. Alternatively, a parent may be in another part of the pool if the child is wearing a Coast Guard-approved personal flotation device. Youth who have not passed the swim test may not go down slides or use pool diving boards, regardless of the presence of a parent or the use of a personal flotation device. If you have any questions about these policies, please contact the Aquatics department of your local Y. Flip-flops, sandals or other pool/shower shoes Light, nutritious snacks if your local Y pool has a designated picnic area For young children or those who have not passed the YMCA swim test: Coast Guard-approved personal flotation device (the Y provides a life jacket if you do not have one). For children who are not potty-trained: swim diapers Sunscreen Sunglasses and/or hats Towels Drinking water Shower items Pool toys Large flotation devices, such as inflatable pool chairs Water guns or Nerf-style guns Alcoholic beverages Class of any kind (such as glass food or drink containers) Weapons, hazardous materials or dangerous objects of any kind Your camerawork ask that pictures are not taken by the pool for your child's safety Contact the Aquatics department at your local Y if you have additional questions about what you can bring during your next visit. At the Y, your family's health and well-being is our primary concern. That's why we adhere to the following safety procedures when thunder, lightning and other signs of inclement weather strike near one of our pools (both indoor and outdoor). These procedures are recommended by the National Lightning Safety Institute, Philadelphia Insurance and American Red Cross. We monitor storms that are in the area using the latest technology and visual confirmation. When we are first aware of thunder or lightning in the area, pool activities will be suspended and all aquatic facilities will be evacuated. Aquatic facilities will be reopened when we receive notification that a storm is at a safe distance from the facility. The distance from a facility to a thunderstorm can be five to eight miles away, but lightning can strike from a much farther distance. The entire pool area, including any saunas, steam rooms or whirlpools, will be closed. Current policies are based on best practices identified by American Red Cross and Philadelphia Insurance and require that the entire aquatics facility be closed. This includes saunas and steam rooms that are in close proximity to YMCA of Middle Tennessee pools. Swimming pools are connected to a much larger surface area via underground water pipes, gas lines, electric wiring and telephone wiring. Lightning strikes on the ground anywhere on this metallic network may include shocks elsewhere. All programs will be cancelled, including swim team, swim lessons and water aerobics classes. Paid programs will be rescheduled for a later date. Please check with a staff member for more information on programs that are rescheduled. We are proud to partner with The American Red Cross as our Lifeguard Training provider. They have been the gold standard in lifesaving, water safety and swimming instruction since 1914. The trusted brand for certification and training, the Red Cross provides a full suite of aquatic training that helps people enjoy the water safely and skillfully, and results in professionally-trained lifeguards who are able to prevent and respond to aquatic emergencies. During your visit to one of our pools, you may observe ongoing training exercises, including live water safety and rescue drills. Such training allows the Y's lifeguards to stay prepared as the guardians of your family's safety and well-being. Help us keep you safe There is nothing more important to us than the safety of your family as you enjoy our pools. You can help us by following all posted pool rules and the instructions of our lifeguards. Want to become a lifeguard? Apply Today Become a lifeguard and join a great staff team with the YMCA. The YMCA offers pre-employment lifeguard certification classes. Upon successful completion, you can move into the hiring process with the YMCA as a certified lifeguard. The course provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. The course is a blend of in-person and online learning. A pre-test is given before the first official day of the training course. Pre-test requirements include being able to swim 300 yards doing this: Front crawl with rotary breathing and breaststroke Swim 20 yards Surface dive to a minimum depth of 7 feet to retrieve a 10 lb. brick Return to the starting point Tread water for 2 minutes using their legs REGISTER Whether you are looking for a great summer job or career as a professional lifeguard or swim instructor, YMCA Swim Instructor and Lifeguard Certification Trainings are the best way to get started! Through classroom activities, group discussion and hands-on practice, you'll learn the skills you need to work in the aquatics field. See Schedule To participate in the Lifeguarding (Including Deep Water) course, participants must: Be at least 15 years old on or before the final scheduled session of the Lifeguarding course. Successfully complete the two prerequisite swimming skills evaluations. Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed.) Maintain position at the surface of the water for 2 minutes by treading water using only the legs Swim 50 yards using the front crawl, breaststroke or a combination of both. Prerequisite 2: Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed.) Submerge to a depth of 7 - 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out, at, or near the surface. Exit the water without using a ladder or steps. Note: If the Lifeguarding course includes training for the Waterfront Skills module, additional prerequisites: swimming distances and skills are required. See if you have what it takes to become a lifeguard in 2025 Come in and take the Red Cross Pre-requisite skills tests and register for upcoming classes. Swim-Tread-Swim Sequence (No Rest): After jumping into the pool, fully submerge, resurface, and swim 150 yards continuously using front crawl, breaststroke, or a combination. Tread water for 2 minutes using only your legs. Swim an additional 50 yards using designated strokes. Timed Event - Time Limit: 1 minute, 40 seconds Swim 20 yards, retrieve a 10-pound object from 7-10 feet underwater. (No swimming goggles!) Swim back 20 yards on your back while holding the object with both hands. Get out of the water without using a ladder or steps. arrow upward We regularly schedule pre-tests to confirm your swim ability meets the standard for the Lifeguard Certification Course. Register for your pre-test below. Register YMCA Branches Time Brooklyn Bed-Stuy Fri. 2-3pm Coney Island Mon. 3-4pm North Brooklyn Mon. 12-2pm Thurs. 2-4pm Prospect Park currently not offering Queens Cross Island Sat. 1-2pm Limited availability Flushing Tue. 2-4pm Thu. 2-4pm Jamaica Fri. 4:30-5pm Rockaway currently not offering Manhattan Harlem currently not offering McBurney Wed. 12-2pm Sat. 2-3pm Vanderbilt Tue. 11-1pm West Side Wed. 6-7pm Thur. 11:30-12pm Staten Island Broadway Tue. 3:30pm Wed. 3-3:30pm South Shore Tue. 3-3:30pm Thurs. 3-3:30pm Sun. 4-5pm The Bronx Castle Hill Tue. 4-6pm La Central Mon. 4-6pm Note: To qualify for the June Break Week Course (June 23rd - 27th), you must pass your pre-test by June 7th. Note: To qualify for the Summer Course (June 30th - July 31st), you must pass your pre-test by June 14th. Note: To qualify for the Fall I Course (Sept 2nd - Oct 26th), you must pass your pre-test by August 16th. Note: To qualify for the Fall II Course (Oct 27th - Dec 21st), you must pass your pre-test by Oct 11th. Note: To qualify for the December Break Week Course (Fri Dec 26th - Tues Dec 30th), you must pass your pre-test by Dec 6th. *Pretest must be taken less than 90 days from the start of the session you would like to attend. You will need to bring a swimsuit, a swim cap, and a towel to the pretest. Goggles are optional. Register The YMCA offers a full American Red Cross Lifeguard Training course that includes CPR for the Professional Rescuer, first aid, administering emergency oxygen, equipment-based rescues for aquatic environments, accident prevention and decision-making skills. Participants must be 15 years old by the end of the class. Online prework, attendance, full participation, successful completion of written tests and performance of all water skills are required. If you're interested in working as a lifeguard for the YMCA, training may be available at no cost to you. Contact our branch aquatics directors for additional information. Skill Requirements Jump into the water from the side, totally submerge, recover to the surface and swim 150 yards After swimming 150 yards, maintain position at the surface of the water without support for 2 minutes by treading (while treading, you can only use your legs) After maintaining position at the surface of the water for 2 minutes, swim 50 more yards. Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards. The face can be in or out of the water. Swim goggles are not permitted. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Surface and swim 20 yards on the back with both hands holding the object and keeping the face at or near the surface so they are able to breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps* All trainings will include required e-learning. These will be distributed a week before the in-person sessions and need to be completed before those begin. *Reschedule and cancellations: Lifeguard classes are for currently certified American Red Cross Lifeguards. You must already possess a Lifeguard certification in need of recertification or within 30 days of expiry. Proof of certification will be required before participation. Prework and pre-swim requirements are the same as stated above in the Lifeguard class section. These must be completed successfully to participate in the course. If you currently possess your Jr. Lifeguard certification, you will need to sign up for a full lifeguard training class. Sessions: A.E. Finley YMCA Upcoming Spring Certifications Friday - Sunday Class May 2 - 4 Friday 10 a.m. - 6 p.m., Saturday 10 a.m. - 7 p.m., Sunday 11 a.m. - 7 p.m. A.E. Finley YMCA Spring Recertifications One-Day Class - DONE FOR SEASON Alexander Family YMCA Spring Certification Friday - Sunday Class, May 24 - 26 Chapel Hill - Carrboro YMCA Spring Certification May 9 - 10 & 16 - 17 - Fridays 4:30 - 9 p.m., Saturdays 10 a.m. - 7 p.m., June 6 - 7 & 13 - 14 - Fridays 4:30 - 9 p.m., Saturdays 10 a.m. - 7 p.m. Northwest Cary YMCA Spring Lifeguard Certification Saturday and Sunday March 15 - 16 7 a.m. - 7 p.m. both days \$250 (M); \$312 (P) Contact our branch staff listed below if you are interested in future training and/or recertification opportunities. Aquatics Directors: A.E. Finley YMCA, Meagan Smith Alexander Family YMCA, Finley Baldwin Chapel Hill - Carrboro YMCA and YMCA at Meadowmont, Matti Svoboda Downtown Durham and Hope Valley Farms YMCAs, Stanley Bass East Triangle YMCA, David Huelmgren Family YMCA & Chatham Park YMCA, Max Turner Kerr Family YMCA, Antoinette Pujol Kraft Family YMCA, Madison Temple Northwest Cary YMCA, Shane Tillett Poole Family YMCA, Jaime Jewett Taylor Family YMCA, Eric Bjorkquist Southeast Raleigh YMCA, Waleska Brown Train with the best and prepare to make a real difference by the pool. Explore flexible Lifeguard Certification and Recertification courses across St. Louis and Southwest Illinois below. Now hiring lifeguards ages 15 and older. Plus, become eligible for a \$300 staff-referral bonus! Find a Course Apply to be a Lifeguard We offer YMCA and American Red Cross certifications. Learn CPR, First Aid, emergency oxygen, rescue skills, accident prevention, and more. Must be at least 15 years old to take an American Red Cross Course. Must be 16 years old by the last day of the course for YMCA Lifeguard Certification Courses. Demonstrate strong swimming skills (details listed below). Full Certification: For new lifeguards already possess a Lifeguard certification in need of recertification or within 30 days of expiry. Proof of certification will be required before participation. Prework and pre-swim. Refunds will not be given to those who do not complete the course but are unable to successfully pass. You must present a copy of your payment receipt to the administrator to receive a refund. Please note an administration fee of \$35.00 will be deducted from all refunds if cancelling after the deadline. Make-ups for missed classes are not available. Participants that miss any portion of this course will not be able to continue with the course and a refund or credit will not be issued.* If you are not sure you can pass the physical competency test please schedule an appointment with our Aquatics Department prior to registering. After day 1 of the course, no refunds or credits will be issued for failure to complete online training or not successfully completing any other aspect of this course. The following certification is good for two years: YMCA Lifeguard Basic First Aid Emergency Oxygen Administration The following certifications are good for one year: Basic Life Support- BLS (formerly CPR) PRO American Health & Safety Institute (ASHI) is the required certifying agency when renewing for Basic Life Saving (CPR & AED), Basic First Aid and Emergency Oxygen for the YMCA Lifeguard certification. Please contact your local YMCA for class offerings to renew annually. To become a YMCA certified lifeguard participants must be able to accomplish: Sit for extended periods of time in an elevated chair. A candidate must remain alert and focused on the entire zone of responsibility for extended periods of time, even under conditions of high heat and humidity, with no lapses in consciousness. Move safely to various locations, including entering and exiting an elevated chair, while scanning the zone of responsibility. Communicate with others immediately when responding to an incident or an emergency. Candidates must be able to communicate verbally, including projecting their voice across distances; communicate swiftly and clearly with emergency personnel over the telephone and/or in person, and effectively give and receive directions. Hear noises and distress signals in the aquatic environment, including in the water and anywhere around the zone of responsibility. Candidates must understand that significant background noises exist in all indoor and outdoor aquatic environments. In addition, lifeguard candidates should have a minimum hearing threshold of no more than an average of a 25-decibel loss in both ears over a range of frequencies (500Hz, 1000Hz, 2000Hz, 700, and 3000Hz). Candidates who use hearing aids or other corrective devices for hearing should be able to perform all rescue skills and emergency procedures without interruptions to adjust, retrieve or install or attach hearing aid/corrective device. Observe all sections of an assigned zone or area of responsibility. Candidates who use corrective eyewear should be able to perform all rescue skills and emergency procedures without interruptions to adjust, clear, or retrieve corrective eyewear. Perform all rescue, resuscitation, and survival skills. Candidates must be able to perform basic first aid such as manual suction, use a bag-valve-mask resuscitator, administer emergency oxygen, use an AED (automated external defibrillator), and perform professional rescuer CPR. Think in the abstract, solve problems, make quick decisions, instruct, evaluate, supervise, and recognize, the potential for danger or injury. Have adequate memory skills and be able to retain and apply knowledge learned in lifeguard training. Act swiftly in an emergency and take action even when unsure whether a person is really in danger. Lifeguarding is one of the best early career opportunities for teens and young adults, and it's a great summer job or career for adults. Lifeguard certification classes help develop leadership and communication skills and can lead to improved self-confidence. Plus, lifeguards often have to work together, which helps with using communication skills and can prepare someone for a future career in a team-oriented environment. Apply Today Train to become lifeguard certified and learn about water safety and life-saving procedures. This three- to four-day training includes first aid, CPR, AED and more. Upon successful completion of the training, participants will be licensed through Ellis and Associates. The pre-requisites to be a lifeguard include a minimum 100-yard swim using either freestyle or breaststroke, minimum 1-minute treading water without hands, and ability to descend feet first to the deepest part of the pool and retrieve a 10lb brick. Once in the lifeguard course students will be taught and tested on their ability to perform CPR, First Aid, Oxygen administration, and water rescue skills. All YMCA of Greater Brandynville lifeguards must go through annual certification. American Red Cross Lifeguard Training courses are offered at The Y. Take your certification test listed above. For recertification, your certification cannot be expired for more than 30 days. Jan 25-26 Cansler Y (Re-cert only) Feb 21-23 Davis Y Mar 7-9 Tennova Y Mar 28-30 Pilot Apr 4-6 Cansler Y Apr 11-13 Tennova Y May 2-4 Cansler Y May 9-11 Tennova Y May 16-18 Pilot Y May 30 Jun 1 Pilot Y Jun 6-8 Tennova Y Jun 20-22 Davis Y Aug 15-17 Tennova Y Sep 12-14 Davis Y Dec 5-7 Pilot Y To register for a lifeguarding class, find and register for the swimming pre-test for your desired class. After successful completion of the in-water pre-test, you will then be able to register for the full class and will be assigned online learning to complete independently prior to your class. Registration for the pre-test may be completed online, over the phone, or at the member services counter at your Y. Cansler Y: 865-637-9622 Pilot Family Y: 865-690-9622 Tennova Family YMCA: 865-922-9622 Davis Y: 865-777-9622 During this class, participants will learn life-saving rescue skills for an Aquatic Environment. Once a participant takes the classes and passes the skills and written test, they will be certified as a YMCA Lifeguard for 2 years. Lifeguard Course Prerequisites Minimum age of 15 by the last day of the scheduled course. Those under the age of 18 must have parental consent to participate in the course. Pass the following Physical Competency Requirements (conducted in class on first day or prior to the first day): Phase 1 Tread Water/Tread water (no arms) for 2 minutes without stopping or rest/Phase 2 - Continuous Swim/Swim 50 yards of front crawl/Swim 100 yards of breaststroke/Swim 50 yards of Front crawl with the head up/Swim 50 yards of breaststroke with head up/Swim 50 yards of elementary backstroke kick with eggbeater kick with hands on chest/Phase 3 (No Goggles) - Combined Skills Event/Participants start in the water at shallow end of the pool. Sprint for approximately 60 feet (20 yards), and then perform an arm-over-arm surface dive in 7 to 10 feet of water (or maximum depth of training facility). Pick up an object (dive ring) from the bottom of pool, surface, tread water for at least 1 minute with legs only/Swim the remaining length of the pool on your back holding the object with both hands. Place the objects on the deck and hoist yourself out of water. Immediately begin compression on an adult manikin for 1 minute or 100 compressions; stand and listen to directions from instructor. Quickly walk over to an elevated lifeguard stand, climb onto lifeguard stand, sit down, look near your feet for a colored shape, and find the matching colored shape while scanning the pool area. Scan and identify an object located somewhere in the pool area. Stand up and blow a whistle loud and clearly shout the Y is great and then exit lifeguard stand. Must Be Able To Accomplish These Tasks/Remain alert, with no lapses in consciousness/Sit for extended periods, including in an elevated chair/Move to various locations, including in and around an elevated chair/Communicate verbally, including projecting the voice across distances/Hear noises and distress signals in the aquatic environment/Observe all areas of the aquatic environment/Perform all needed rescues and survival skills/Think in the abstract, solve problems, make decisions, instruct, evaluate, supervise, and remember/Will possess the skills to operate alone as a lifeguard, with or without other lifeguard support./Classes/ Register online here Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Lifeguard Certification and Training admin 2024-03-21T10:12:16-05:00 When you choose to become a lifeguard or swim instructor, you are taking a stand to be a lifesaver, to teach lifesaving water safety skills and to be there to make a difference in your community. In the US, an average of 3,500 to 4,000 people drown per year. According to Stop Drowning Now, that is an average of 10 fatal drownings per day. Whether you are looking for a fun summer job or a rewarding career, the YMCA is the place to start! YMCA aquatics positions offer flexible schedules, competitive pay, opportunities for year-round employment, a complimentary YMCA membership, discounts on YMCA programs and fun! With multiple locations throughout the Greater Houston Area, a YMCA pool is in your neighborhood! This lifeguarding certification course gives participants the skills and knowledge needed to become certified lifeguards. It offers up-to-date information on how to anticipate and prevent problems and how to take action to help those in danger. It also covers safety and survival skills every swimmer needs to know, accident prevention, guarding techniques, emergency systems including lifeguarding first aid CPR, rescue skills and first aid in aquatic environments. Complete attendance is required for lifeguard certification, and all e-learning must be completed before the in-class portion of training. Lifeguard Certification Course Includes: ASHI Basic Life Support, Basic First Aid and Oxygen Administration Be at least 16 years old by the last day of the scheduled course Pass the physical competency requirements conducted on the first day Tread water for 2 minutes using legs only Swim 100 yards of front crawl Swim 50 yards of each: Front crawl with head up, sidestroke, breaststroke and elementary backstroke kick with hands on chest Feet-first surface dive to a depth of 10 feet and swim underwater for 15 feet Sprint 60 feet, perform head surface dive to retrieve an object in 10 feet of water, tread water for 1 minute without hands, return the object to a depth of 10 feet, swim the remainder of pool length, exit the pool and perform 100 chest compressions on a mannequin Additional Pre-assignments: ASHI e-learning and YMCA Lifeguarding e-learning We are always hiring individuals who want to make a difference at the YMCA. Apply today or contact your local YMCA for more information. YMCA Swim Instructors work with individuals ages six months-adults to teach swim skill progression and water safety techniques. Instructors provide leadership, instruction and motivation for participants in swimming lessons, creating a safe and positive atmosphere that promotes member safety and engagement, youth development and healthy living. Interested individuals must hold a swim instructor certification through the YMCA or another certifying organization and be at least 16 years of age. Not certified? No problem. The YMCA offers training throughout the year for YMCA employees. Interested in teaching a life-long skill through swim instruction? The YMCA needs YOU! To learn more about available positions and how to join a team where you can truly make a difference, please visit our careers page. YMCA Lifeguard Training is a comprehensive course that focuses on water rescue, safety and prepares lifeguards to anticipate and prevent dangers. Upon successful completion, participants are qualified to work at an aquatics facility as a certified lifeguard. Participants must attend all classes and successfully pass exams to receive certification. YMCA Lifeguard Certification Includes: Lifeguard Training CPR/AED Certification First Aid Certification Emergency Oxygen Administration Certification Whistle, hip pack and CPR mask Qualifications: 16 years of age or higher Phase 1- tread water for two minutes (legs only) and swim 10 yards front crawl. Phase 2- Swim 50 yards of each (Front crawl with head up, sidestroke, breaststroke, breaststroke head up and elementary backstroke kick) and perform a feet first surface dive and swim underwater for 15 feet. Phase 3- sprint to an object then perform an arm over arm surface dive for an object , tread water with object for one minute, replace object to the bottom of the pool, sprint remaining length, get out of the pool, conduct 100 compressions on mannequin and then follow directions from instructor. Already a certified lifeguard? The Y is the perfect place to put those skills into action! We're always looking for qualified lifeguards to join the Y family. APPLY HERE

Lifeguard swim test. Ymca swim test requirements. Ymca lifeguard test. Ymca swim test policy. Ymca swim test rules. Lifeguard test. Ymca swim test. Is the ymca lifeguard test hard.

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