



LIFEGUARD FULL COURSE

This option is for those training for the first time or for those whose certifications have expired. This course is a Blended Learning course format (19.5 hours in person, 7.5 hours online). The prerequisites for this course include being 15 years of age and having passed the pre-course swimming skills test.

Our courses give you more! The Hamilton YMCA offers additional certifications topics within our Lifeguard courses to help develop a thorough understanding of all areas. You will notice the word “bundle” - these courses have extra time included in the course to cover the following areas (and also allow extra in-person practice time). You can opt out of the additional course time by speaking with the instructor; however, the fee structure will not change.

To register:

- A Hamilton Area YMCA membership is not required for participation in these programs.
- Certification classes must have a minimum of three participants for the class to be held due to skill practice.
- Registration must be completed via phone or in person at the Membership Service Desk.

Fees:

- Pre-requisite Swim Test: \$20 (Non-refundable)
- Facility/Facility Plus Member: \$260
- Program/Non-Member: \$290

Blended Offering

Swim Test: Thursday December 27 from 8:00 - 9:00 p.m.

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| Wednesday, January 2 | 8:30 a.m. - 5:00 p.m. |
| Thursday, January 3 | 8:30 a.m. - 5:00 p.m. |
| Friday, January 4 | 8:30 a.m. - 12:30 p.m. |

Blended Offering (Additional Certification Option)

Swim Test: Friday, March 1 from 3:30 - 4:30 p.m.

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| Thursday, March 7 | 4:00 - 9:00 p.m. |
| Friday, March 8 | 4:00 - 9:00 p.m. |
| Friday, March 15 | 4:00 - 9:00 p.m. |
| Thursday, March 21 | 4:00 - 9:00 p.m. |
| Friday, March 22* | 4:00 - 9:00 p.m. |

Blended Offering (Additional Certification Option)

Swim Test: Thursday, March 28 from 8:00 - 9:00 p.m.

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| Friday, April 5 | 4:00 - 9:00 p.m. |
| Saturday, April 6 | 12:00 - 5:00 p.m. |
| Friday, April 12 | 4:00 - 9:00 p.m. |
| Saturday, April 13 | 12:00 - 5:00 p.m. |
| Sunday, April 14* | 12:00 - 5:00 p.m. |

Blended Offering (Additional Certification Option)

Swim Test: Saturday, April 6 from 1:00 - 2:00 p.m.

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| Saturday, April 13 | 8:00 a.m. - 6:00 p.m. |
| Wednesday, April 17 | 8:00 a.m. - 6:00 p.m. |
| Thursday, April 18* | 8:00 a.m. - 6:00 p.m. |

Blended Offering (Additional Certification Option)

Swim Test: Sunday, April 28 from 12:00 - 1:00 p.m.

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| Saturday, May 4 | 9:00 a.m. - 2:00 p.m. |
| Saturday, May 11 | 9:00 a.m. - 5:00 p.m. |
| Saturday, May 18 | 9:00 a.m. - 5:00 p.m. |
| Sunday, May 19* | 12:00 - 5:00 p.m. |

Blended Offering

Thursday, May 23 from 8:00 - 9:00 p.m.

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| Saturday, June 1 | 9:00 a.m. - 2:00 p.m. |
| Friday, June 7 | 4:00 - 9:00 p.m. |
| Saturday, June 8 | 12:00 - 5:00 p.m. |
| Saturday, June 15 | 12:00 - 5:00 p.m. |

*Additional optional certifications offered.