

This course is best suited for those with a current lifeguarding certification expiring or with a lifeguard extension. Candidates who have allowed their current certifications to expire and did not receive the extension must take the full lifeguarding course.

Certificate(s) issued:

- Lifeguarding/First Aid/CPR/AED (2 years)

Prerequisites:

- Possess a current basic-level certification in Lifeguarding/First Aid/CPR/AED that is not expired more than 30 days or a lifeguard certification extension.
- Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, to a depth of 7 to 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 with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
 - Exit the water without using a ladder or steps.

Length:

- Approximately 10 hours in-person.
- Approximately 4 hours allotted for optional additional certifications.

Fees (non-refundable):

- Deposit: \$75
- Course fee (including deposit): \$120

To register:

- A Hamilton Area YMCA membership is not required for participation in these programs.
- Registration may be completed in-person or over the phone.

- Courses must have a minimum of 6 participants for the course to be held due to skill practice.
- Participants must show their current lifeguarding certification to the instructor on the first day of the course.

Offering: Registration ENDS May 18

Tuesday, May 25 – 9:00 a.m. – 3:00 p.m.

Wednesday, May 26 - 2pm-8pm (Sawmill)

Offering: Registration ENDS May 5

Wednesday, May 12- 9:30 a.m. – 2:30 p.m.

Thursday, May 13 - 9:30 a.m. – 2:30 p.m. (Sawmill)

Offering: Registration ENDS May 12

Wednesday, May 19- 9:30 a.m. – 2:30 p.m.

Thursday, May 20 - 9:30 a.m. – 2:30 p.m. (Sawmill)

Offering: Registration ENDS June 1

Tuesday, June 8 – 9:00 a.m. – 3:00 p.m.

Wednesday, June 9 – 2:00 p.m. – 8:00 p.m. (Sawmill)

Offering: Registration ENDS June 2

Wednesday, June 9- 9:30 a.m. – 2:30 p.m.

Thursday, June 10 - 9:30 a.m. – 2:30 p.m. (Sawmill)