



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RECOGNIZE RESPOND RESCUE

## YMCA OF GREATER DES MOINES Lifeguard Certification Classes

Learn how to effectively prevent and respond to water emergencies. Our courses are designed to arm you with the skills and knowledge to prepare you for a variety of scenarios in and around the water. You will learn how to quickly respond to emergencies both in the water and on land. You will also be trained on drowning and injury prevention, so you can better help those in need. **Lifeguard certification classes require an online course to be completed prior to the classroom sessions. Must be 15 to register.**

Visit [dmymca.org](http://dmymca.org) for class details..  
New Lifeguard \$175 members \$200 non-members  
Review Course \$100 members \$125 non-members



JANUARY	
<b>Lifeguard Certification</b>  <b>Location:</b> Waukee <b>Dates:</b> Jan 17, 5pm-9pm Jan 18, 9am-5pm Jan 19, 9am-5pm Must attend all dates	<b>Lifeguard Review</b>  <b>Location :</b> Wellmark <b>Dates:</b> Jan 11, 9am-3pm Jan 12, 9am-3pm Must attend both dates
FEBRUARY	
<b>Lifeguard Certification</b>  <b>Location:</b> Indianola <b>Dates:</b> Feb 21, 5pm-8pm Feb 22, 8am-5pm Feb 23, 10am-5pm Must attend all dates	<b>Lifeguard Review</b>  <b>Location :</b> Waukee <b>Dates:</b> Feb 7, 5pm-9pm Feb 8, 9am-4pm Must attend both dates
MARCH	
<b>Lifeguard Certification</b>  <b>Location:</b> Wellmark <b>Dates:</b> Mar 16, 9am-4pm Mar 17, 9am-4pm Mar 18, 9am-4pm Must attend all dates  <b>Location:</b> Wellmark <b>Dates:</b> Mar 18, 9am-4pm Mar 19, 9am-4pm Mar 20, 9am-4pm Must attend all dates  <b>Location:</b> Waukee <b>Dates:</b> Mar 27, 5pm-9pm Mar 28, 9am-5pm Mar 29, 9am-5pm Must attend all dates	<b>Lifeguard Review</b>  <b>Location :</b> Indianola <b>Dates:</b> Mar 6, 5pm-8pm Mar 7, 9am-5pm Must attend both dates  <b>Location :</b> Wellmark <b>Dates:</b> Mar 19, 9am-3pm Mar 20, 9am-3pm Must attend both dates

**Already certified? Lifeguard certifications are valid for 2 years. To maintain your certification you must take a lifeguard review course no later than 30 days after your expiration date. After 30 days you will need to take the full certification course to be eligible to work as a lifeguard.**

**This is not a school publication, nor is it in any way endorsed or sponsored by any school district. This publication is being provided only to inform you of other available community activities and opportunities.**