



WANT TO BECOME A LIFEGUARD?

2026 Lifeguard Training Courses

This class is designed to give participants the basic skills and knowledge needed to be lifeguards in pools and aquatic environments up to 6-feet deep (shallow) and up to 9-feet (deep). CPR, First Aid, and AED for the professional rescuer are included in the cost of the program. Participants must pass a swim test on the first day of class in order to remain registered. This class is a blended learning class with online videos and in-person learning. Must be 15 years of age.

WHEN:

- **March 20, 21, 22 - Shallow Water**
 - March 20, 5:00pm-8:00pm, March 21 and 22, 8:00am-5:00pm
- **April 6-10 - Shallow Water**
 - April 6-10, 9am-2pm
- **April 18 - Shallow Water Recertification**
 - April 18, 8:00am-5:00pm
- **May 8, 9, 10 - Deep Water**
 - May 8, 5:00pm-8:00pm, May 9 and 10, 8:00am-5:00pm
- **May 16 - Deep Water Recertification**
 - May 16, 8:00am-5:00pm
- **May 22, 23, 24 - Deep Water**
 - May 22, 5:00pm-8:00pm, May 23 and 24, 8:00am-5:00pm



COST:

Member: \$250 | Non-Member: \$300

Recertification: \$150/\$200 (Must have current certificate)

LOCATION:

Nir Family YMCA

2710 Market St., Wilmington, NC 28403

FOR MORE INFORMATION:

Lindsey Hays - Aquatics Director

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Scan the QR code
to learn more!