The YWCA of the Lower Cape Fear is proud to offer American Red Cross lifeguarding classes this Spring. Successful candidates will receive a 2-year Lifeguarding/CPR/AED/First Aid certification.

Two class formats are available to meet your needs.

In the Blended Learning Program, participants will complete 7 hours of online training prior to the in-person sessions. The instructor will email participants information about the online learning the week they enroll in the program.

In the Traditional Learning Program, all instruction is done in person.

Requirements for all classes:
⇒ Be on time and be prepared for class.
⇒ There are no makeup classes. Students must attend all scheduled classes.
⇒ Bring all equipment to each class session, including: rescue-ready bathing suit, towel, sun protection, lifeguard manual (provided), notebook, snacks, water, and pocket mask (provided).

COVID-19 Considerations: The instructor will provide a complete list of COVID-specific class modifications. We ask participants to try to take a class with a friend, sibling or co-worker, if possible. Although we minimize contact as much as possible, we cannot eliminate contact or maintain social distancing in this training program.

Students must pass a pre-test in order to participate in the class. This test consists of a 300 yard swim, two minute tread and a deep water dive to retrieve a ten pound brick. Must be fifteen years old to participate. Need four students to conduct class and limited to six participants per class.

Cost: $275.00