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.

All 2022 Course offerings are Blended Learning

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.

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 eight participants per class.

Cost: $275.00

799-6820 Ext.110