The YWCA Lower Cape Fear is proud to offer recertification classes for Lifeguard Training which includes lifeguarding, CPR for the Professional Rescuer, AED, and First Aid.

We ask you to be on time and prepared for class. If you have a pocket mask please bring it. There will be two written tests as well as in-water, timed skill practicals for all students.

Minimum of four (4) to hold a class, with a maximum of ten (10) participants per class.

**PROOF OF CURRENT CERTIFICATION FROM THE RED CROSS REQUIRED BEFORE BEGINNING OF CLASS.**

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.