



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RECOGNIZE RESPOND RESCUE

Lifeguard Certification Classes YMCA OF GREATER DES MOINES

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 for class details.

New Lifeguard \$175 members \$200 non-members
Review Course \$100 members \$125 non-members



YMCA OF GREATER DES MOINES
501 Grand Ave. Des Moines, IA 50309
dmymca.org

JANUARY	
Lifeguard Certification Location: Wellmark Dates: Jan 4, 9am-5pm Jan 5, 9am-5pm Jan 6, 9am-5pm Location: Waukee Dates: Jan 22, 5-9pm Jan 23, 8am-5pm Jan 24, 8am-5pm Must attend all dates	Lifeguard Review Location: Wellmark Dates: Jan 30, 8am-6pm
FEBRUARY	
Lifeguard Certification Location: Indianola Dates: Feb 5, 5-9pm Feb 6, 8am-5pm Feb 7, 8am-5pm Location: Waukee Dates: Feb 19, 5-9pm Feb 20, 8am-5pm Feb 21, 8am-5pm Must attend all dates	Lifeguard Review Location: Wellmark Dates: Feb 7, 8am-6pm
MARCH	
Lifeguard Certification Location: Wellmark Dates: Mar 5, 5-9pm Mar 6, 8am-5pm Mar 7, 8am-5pm Location: Wellmark Dates: Mar 15, 8am-5pm Mar 16, 8am-5pm Mar 17, 8am-5pm Location: Indianola Dates: Mar 17, 8am-5pm Mar 18, 8am-5pm Mar 19, 8am-5pm Location: Waukee Dates: Mar 26, 5-9pm Mar 27, 8am-5pm Mar 28, 8am-5pm Must attend all dates	Lifeguard Review Location: Wellmark Dates: Mar 19, 8am-6pm

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.