BECOME A LEADER & SAVE LIVES

Lifeguard Certification Courses

Learn to be a lifeguard through the McCook YMCA Lifeguard Certification Courses! Thanks to the McCook Community Foundation Fund, lifeguarding classes are 100% funded for those who will work for the McCook YMCA or City of McCook as a lifeguard.

Course Dates:

NEW certifications only

May 16–18

NEW and Recertifications:

May 24–26, June 11–13

Online portion must be completed prior to the class beginning

You will learn:

- **How to recognize and respond to emergencies in and around the pool**
- **Basic First Aid**
- **CPR/AED for the professional rescuer**

Scan the QR Code to Register or go to mccookymca.org!

Pre-requisites: 15 years old or older; 150 yard swim using front crawl or breaststroke, a 2-minute tread using legs only and then a 50 yard swim using front crawl or breaststroke. The ability to retrieve a 10 lb weight from 7ft deep, surface and swim 20 yards with the weight, using legs only and exit the pool without using a ladder within 100 seconds.