



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RECOGNIZE RESPOND RESCUE

## YMCA OF GREATER DES MOINES Lifeguard Certification Classes

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.

Visit [dmymca.org](http://dmymca.org) for class details..  
Contact [ann.peterson@dmymca.org](mailto:ann.peterson@dmymca.org)  
Fee \$150 members \$175 non-members



JANUARY	
<b>Lifeguard Certification</b>  <b>Location:</b> Indianola <b>Dates:</b> Jan 18, 5pm-9pm Jan 19, 9am-6pm Jan 20, 10am-5pm Must attend all dates  <b>Location:</b> Wellmark <b>Dates:</b> Jan 25 5pm-9pm Jan 26 9am-5pm Jan 27 9am-5pm Must attend all dates	<b>Lifeguard Review</b>  <b>Location:</b> Wellmark <b>Dates:</b> Jan 4, 5pm-9pm Jan 5, 10-4pm Must attend both dates
FEBRUARY	
<b>Lifeguard Certification</b>  <b>Location:</b> Waukee <b>Dates:</b> Feb 15, 5pm-9pm Feb 16, 10am-6pm Feb 17, 10am-6pm Must attend all dates  <b>Location:</b> Indianola <b>Dates:</b> Feb 22, 5pm-9pm Feb 23, 9am-6pm Feb 24, 10am-5pm Must attend all dates	<b>Lifeguard Review</b>  <b>Location :</b> Indianola <b>Dates:</b> Feb 9, 10am-4pm Feb 10, 12pm-5pm Must attend both dates
MARCH	
<b>Lifeguard Certification</b>  <b>Location:</b> Wellmark <b>Dates:</b> Mar 18, 9am-5pm Mar 19, 9am-5pm Mar 20, 9am-2pm Must attend all dates  <b>Location:</b> Wellmark <b>Dates:</b> Mar 22, 5pm-9pm Mar 23, 9am-5pm Mar 24, 9am-5pm Must attend all dates  <b>Location:</b> Indianola <b>Dates:</b> Mar 29, 5pm-9pm Mar 30, 9am-6pm Mar 31, 10am-5pm Must attend all dates	<b>Lifeguard Review</b>  <b>Location :</b> Wellmark <b>Dates:</b> Mar 1, 5pm-9pm Mar 2, 10am-4pm Must attend both dates  <b>Location :</b> Waukee <b>Dates:</b> Mar 29 5pm-9pm Mar 30 10am-4pm Must attend both dates

**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. Once the 30 day grace period passes you will need to take the full certification course to be**