



LIFEGUARD CERTIFICATION TRAINING

Lifeguard training is an essential course for individuals who want to become lifeguards. The training includes both classroom instruction and hands-on practice.



DATES: APRIL 17TH - 19TH, 2025
LOCATION: PIERRE AQUATIC CENTER

THURSDAY 4:00 PM - 8:00 PM
FRIDAY 8:00 AM TO 5:00 PM,
SATURDAY 8:00 AM - 5:00 PM

Certification Upon Completion:



• CPR/AED FOR THE PROFESSIONAL RESCUER



• FIRST AID CERTIFICATION



• AMERICAN RED CROSS CERTIFICATION

REGISTRATION OPEN!

\$200 PER PERSON

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed.)
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
- Swim 50 yards using the front crawl, breaststroke or a combination of both.

Prerequisite 2: Complete a timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed.)
- Surface dive (feet-first or head-first) to a depth of 8 feet to retrieve a brick.
- Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps.

CONTACT US ➤



Phone Number:
605-224-1683



Website:
www.oaheyymca.org



LIFEGUARD CERTIFICATION TRAINING

Lifeguard training is an essential course for individuals who want to become lifeguards. The training includes both classroom instruction and hands-on practice.

DATES: APRIL 26TH - 27TH, 2025
LOCATION: PIERRE AQUATIC CENTER

SATURDAY 8:00 AM - 5:00 PM
SUNDAY 8:00 AM - 5:00 PM



Certification Upon Completion:



• CPR/AED FOR THE PROFESSIONAL RESCUER



• FIRST AID CERTIFICATION



• AMERICAN RED CROSS CERTIFICATION

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DATES: MAY 2ND - 4TH, 2025
LOCATION: PIERRE AQUATIC CENTER

FRIDAY 4:00 PM - 8:00 PM
SATURDAY 8:00 AM - 5:00 PM
SUNDAY 8:00 AM - 5:00 PM

Certification Upon Completion:



• CPR/AED FOR THE PROFESSIONAL RESCUER



• FIRST AID CERTIFICATION



• AMERICAN RED CROSS CERTIFICATION

REGISTRATION OPEN!

\$200 PER PERSON

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LIFEGUARD CERTIFICATION TRAINING

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DATES: MAY 9TH - 11TH, 2025
LOCATION: PIERRE AQUATIC CENTER

FRIDAY 4:00 PM - 8:00 PM

SATURDAY 8:00 AM TO 5:00 PM

SUNDAY 8:00 AM - 5:00 PM



Certification Upon Completion:



• CPR/AED FOR THE PROFESSIONAL RESCUER



• FIRST AID CERTIFICATION



• AMERICAN RED CROSS CERTIFICATION

REGISTER NOW!

\$200 PER PERSON

Prerequisite 1: Complete a swim-tread-swim sequence without stopping to rest:

- Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed.)
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