

YMCA of Honolulu

Lifeguard & Swim Instructor

Looking for a rewarding job?

Become certified as a YMCA Lifeguard and/or Swim Instructor.

The benefit to take our course to get a job* with the YMCA:

- Guaranteed interview before the course end date (must be scheduled outside of the course times)
- Pre-qualify for the pre-employment swim test
- 6 locations to work at
- Ability to start immediately if hired (pending results of the drug test)
- Course fee returned in full after completion of 90 days

Interested candidates need to complete a YMCA job application to start this process.

YMCA of Honolulu

2025 Lifeguard Course Schedule

(all courses are YMCA Lifeguard courses, unless otherwise stated)

Updated 012/24/2023

Month Activity #	Dates & Times	Fee	Location	Instructors
January 2025 #47192	January 7, 9, 14,16,21, 23 Tuesdays/Thursdays: 9:30a-5:00p	\$250	Leeward YMCA	Caitlin Ferreira cferreira@ymcahonolulu.org
February 2025 #47194	February 1-8 Saturday/Sunday 12p-8p, Monday-Friday 5p-9p	\$250	Kaimuki YMCA	Renee Danganan rdanganan@ymcahonolulu.org
March 2025 #47196	March 17-21, 2025 Monday-Friday: 9am-6pm	\$250	Windward YMCA	Morgan Brailo mbrailo@ymcahonolulu.org
April 2025 #47198	April 22-May 2, 2025 April 22, 23, 24, 25, 29, 30, May 1, & 2 Tues/Wed/Thurs/Fri 5pm - 10pm	\$250	Mililani YMCA	Neal Yamamura nyamamura@ymcahonolulu.org
May 2025 #47195	May 3-10, 2025 Saturday/Sunday 12p-8p, Monday-Friday 5p-9p	\$250	Kaimuki YMCA	Renee Danganan rdanganan@ymcahonolulu.org
June 2025 #47201	June 2-6 Monday-Friday 9:30am-5:00pm	\$250	Nuuanu YMCA	Caitlin Ferriera cferriera@ymcahonolulu.org
July 2025 #47291	July 17 – July 29 July 17, 19, 20, 22, 24, 26, 27,29 Tuesdays, Thursdays, Saturdays, and Sundays Weekdays 5p-9p, Weekends 1p-9p	\$250	Windward YMCA	Morgan Brailo mbrailo@ymcahonolulu.org
August 2025 #47201	August 12, 14, 19, 21, 26, 28 Tuesdays/Thursdays: 9:30a-5:00p	\$250	Nuuanu YMCA	Caitlin Ferriera cferriera@ymcahonolulu.org
September 2025 #47202	September 16-19 Tuesday-Friday 9am-6pm	\$250	Camp Erdman YMCA	Eric Tutje etutje@ymcahonolulu.org
October 2025 #47199	October 14-24, 2024 October 14, 15, 16, 17, 21, 22, 23, & 24 Tues/Wed/Thurs/Fri 5pm - 10pm	\$250	Mililani YMCA	Neal Yamamura nyamamura@ymcahonolulu.org
November 2025 #47193	November 4, 6, 13, 18, 20, 25 Tuesdays/Thursdays: 9:30a-5:00p NO CLASS ON 11/11	\$250	Leeward YMCA	Caitlin Ferreira cferreira@ymcahonolulu.org

Registration and payment can be done at your local YMCA or online at www.ymcahonolulu.org

All courses require pre-course online work required that must be completed by the first day of your course.

1. Y Lifeguard Course –

- You must log into <https://lcdc.yexchange.org/> and create an account. Go to the LCDC. Then register for the corresponding course, no fees are needed for this site, as you should have already registered and made payment. Course is usually available 3-4 weeks prior to the start date. Online work is on this site.
- CPR/AED, First Aid and Oxygen – ASHI Link will be sent 1-2 weeks prior to the start date.

2. American Red Cross Lifeguard Course –

- A link to the online portion will be sent 1-2 weeks prior to the start date.

All courses need a minimum of 6 persons to conduct the course.

There is no refund once the course starts (starting the online work is considered as starting the course)

No refund or switching classes will be allowed for students who fail to pass the course.

Please make sure that you can complete the prerequisites before registering for the course

YMCA Camp HR Erdman 69-385 Farrington Hwy Waialua, HI 96791 Phone (808) 637-4615	Central Branch 401 Atkinson Drive Honolulu, HI 96814 Phone (808) 941-3344	Kaimuki-Waiālae Branch 4835 Kilauea Avenue Honolulu, HI 96816 Phone (808) 737-5544
Mililani Branch 95-1190 Hikikaulia Street Mililani, Hawaii 96789 Phone (808) 625-1040	Nuuanu Branch 1441 Pali Highway Honolulu, HI 96813 Phone (808) 536-3556	Leeward Branch 94-440 Mokuola Street Waipahu, HI 96797 Phone (808) 671-6495
Windward Branch 1200 Kailua Road Kailua, Hawaii 96734 Phone (808) 261-0808		

Other important information:

This course does require online work that needs to be completed prior to the start of the course. You will be e-mailed links and instructions to these about 1 week prior to the start of the course.

There is a minimum swim requirement (Physical Competency) in order to pass the course. Those unable to pass will be dropped from the course. Make sure that you can meet the requirements (see below) prior to registering for the course.

Courses are being conducted with no Covid restrictions.

YMCA Lifeguard

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in Basic Life Support (formerly CPR Pro for the Professional Rescuer), Basic First Aid for the Community and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. Course covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard. The leadership competencies this course meets for the Leader Level are: Inclusion, Influence, Communication, Decision Making, and Emotional Maturity.

Number of Hours:	36 (includes 8.5 hours of eLearning), actual course time may be longer to account for breaks and transitions.
Training Manuals:	<ul style="list-style-type: none"> On the Guard: The YMCA Lifeguard Manual (2016 Edition)
Items to Bring:	<ul style="list-style-type: none"> Swim Suit/Towel Pen Picture ID (for proof of age) Minor Participants Permission Form (for participants 16-17 years old) Print out verification that eLearning was completed. After registering for the course, you will be sent a link (1-2 weeks prior to the start of the course) to the courses that you will need to complete prior to the first day of class. You will not be allowed to continue with the course if the eLearning is not completed by the first day of class. There are 4 eLearning/online sections: 1)YMCA Lifeguard 2)CPR/AED for the Professional Rescuer 3)First Aid 4) Oxygen Administration.

Prerequisites:

- Minimum age of 16 by the last day of the scheduled course. Those under the age of 18 must have parental consent to participate in the course.

Pass the following three-phased Physical Competency Requirements

(Conducted in class on the 1st day, those who don't pass will not be allowed to continue):

- Phase 1:**
 - Tread water for 2 minutes (legs only)
 - Swim 100 yards of front crawl
- Phase 2:**
 - Swim 50 yards of each:
 - Front crawl with the head up
 - Sidestroke
 - Breaststroke
 - Breaststroke with the head up
 - Elementary backstroke kick with hands on the chest
 - Perform a feet-first surface-dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.
- Phase 3:**
 - Starting in the shallow end of the water, sprint for a distance of approximately 60 feet then perform an arm-over-arm surface dive in 8 to 10 feet (or maximum depth of training facility)
 - Pick up an object (dive ring) from the bottom of pool, surface and tread water for at least one minute with legs only, replace the object back to the bottom of the pool where it was found
 - Swim the remaining length to end of pool, and hoist yourself out of water
 - Immediately begin compression on an adult manikin for one minute or 100 compressions, stand and listen to directions from instructor

NOTE: Y Lifeguard course includes Basic Life Support (formerly CPR Pro), Basic First Aid and Emergency Oxygen Administration.

Minimum Entrance Requirements to become a YMCA-certified lifeguard. Participants must be able to accomplish these tasks:

- Sit for extended periods of time in an elevated chair. A candidate must remain alert and focused on the entire zone of responsibility for extended periods of time, even under conditions of high heat and humidity, with no lapses in consciousness. Move safely to various locations, including entering and exiting an elevated chair, while scanning the zone of responsibility.
- Communicate with others immediately when responding to an incident or an emergency. Candidates must be able to communicate verbally, including projecting their voice across distances; communicate swiftly and clearly with emergency personnel over the telephone and or in person; and effectively give and receive directions.
- Hear noises and distress signals in the aquatic environment, including in the water and anywhere around the zone of responsibility. Candidates must understand that significant background noise exists in all indoor and outdoor aquatic environments. In addition, lifeguard candidates should have a minimum hearing threshold of no more than an average of a 25-decibel loss in both ears over a range of frequencies (500Hz, 1000Hz, 2000Hz, 788 and 3000Hz). Candidates who use hearing aids or other corrective devices for hearing should be able to perform all rescue skills and emergency procedures without interruptions to adjust, retrieve or install or attach hearing aid/corrective device.
- Observe all sections of an assigned zone or area of responsibility. Candidates who use corrective eyewear should be able to perform all rescue skills and emergency procedures without interruptions to adjust, clear, or retrieve corrective eyewear.
- Perform all rescue, resuscitation, and survival skills. Candidates must be able to perform basic first aid such as manual suction, use a bag-valve mask resuscitator, administer emergency oxygen use an AED (automated external defibrillator), and perform professional rescuer CPR.
- Think in the abstract, solve problems, make quick decisions, instruct, evaluate, supervise, and recognize the potential for danger or injury.
- Have adequate memory skills and be able to retain and apply the knowledge learned in lifeguard training.
- Act swiftly in an emergency and take action even when unsure whether a person is really in danger.

Certification Renewals:

The following certifications are good for two years:

- YMCA Lifeguard
- Basic First Aid for the Community
- Emergency Oxygen Administration

The following certification is good for one year:

- Basic Life Support (formerly CPR Pro for the Professional Rescuer)

YMCA Lifeguard certifications are not valid if any of the above certifications expire.

Three ways to re-new your YMCA Lifeguard certifications

- Successfully pass the YMCA Lifeguard renewal course, or
- Successfully pass the YMCA Lifeguard course, or
- Become a YMCA lifeguard instructor

American Red Cross Lifeguard Course

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To enroll in the Lifeguarding course, you must be at least 15 years old before the last scheduled class session. To participate in the course, you must be able to pass a prerequisite skills evaluation by doing the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. Your 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 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.

The prerequisite skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class.

To successfully complete the course, you must attend the entire course, participate in all skill sessions/ drills, activities and scenarios, demonstrate competency in all required skills and scenarios, and pass the final written exams with a minimum grade of 80 percent.

The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If you have a medical condition or disability that might prevent you from participating in the activities, or have questions about being able to fully participate in the Lifeguarding course, please contact the instructor to discuss this before the course begins.

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding, First Aid & CPR/AED, valid for 2 years.

YMCA Swim Lessons Instructor

This course awards the YMCA Swim Lesson Instructor Certification. After successful completion of this course, instructors will be able to identify components of the YMCA Swim Lessons continuum, demonstrate the behaviors of an effective YMCA Swim Lessons Instructor, maintain an inclusive environment of learning while keeping order in a positive and safe environment, employ swim teaching techniques that breakdown the critical features of a swimmer’s skill progression at any age and stage and demonstrate the swim instructor’s role in the safety process and during an emergency

Number of Hours:	16 hours, actual course time may be longer to account for breaks and transitions.
Prerequisites:	<ul style="list-style-type: none"> • Minimum age of 16 by the last day of the scheduled course. Those under the age of 18 must have parental consent to participate in the course. • Principles of Youth Development YT101B (Online via https://lcdc.yexchange.org/) no fee • YMCA Swim Lessons Instructor v6: Observe & Communicate AQ116B (Online via https://lcdc.yexchange.org/) \$10 • YMCA Swim Lessons Instructor v6: Orientation AQ115B (Online via https://lcdc.yexchange.org/) \$10 • Basic Life Support (formerly CPR Pro for the Professional Rescuer), Basic First Aid and Emergency Oxygen Administration <p>NOTE: Basic Life Support (formerly CPR Pro for the Professional Rescuer), Basic First Aid and Emergency Oxygen Administration are NOT included in the course unless stated.</p>
Items to Bring:	<ul style="list-style-type: none"> • Swim Suit/Towel • Googles • Pen • Picture ID (for proof of age) • Minor Participants Permission Form (for participants 16-17 years old)

Certification Renewals:

The following certifications are good for two years:

- YMCA Swim Lessons Instructor
- Basic First Aid for the Community
- Emergency Oxygen Administration

The following certification is good for one year:

- Basic Life Support (formerly CPR Pro for the Professional Rescuer)

YMCA Swim Lessons Instructor certification is not valid if any of the above certifications expire.

Ways to re-new your YMCA Swim Lessons Instructor certification

1. Take either YMCA Swim Lessons Instructor v6: Advanced Teaching Techniques, or YMCA Swim Lessons Instructor v6: Advanced Swimming Techniques
2. Take an approved continuing education course from one of our accepted providers. Examples of these courses are:
 - USA Masters Swimming Coach Certification Levels 1,2,3
 - USA Masters Swimming Adult Instructor Certification
 - USA Swimming Foundations of Coaching 201
 - Swim Angelfish Instructor Certification
 - ASCA (American Swim Coaches Association) Coach Certification Level 1, 2, 3
 - USA Swimming Foundation Children with Challenges Certification
 - YMCA Swim Officials Level I, II
3. You can also take the full course again.

Note: There is no grace period when your certification expires; you must retake the full YMCA Swim Lessons Instructor course.