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.
<table>
<thead>
<tr>
<th>Month</th>
<th>Activity #</th>
<th>Dates &amp; Times</th>
<th>Fee</th>
<th>Location</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>February</td>
<td>#28257</td>
<td>February 10-14, 2020</td>
<td>$175</td>
<td>Camp</td>
<td>Morgan Brailo</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Monday-Friday 8a-5:30p everyday</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Registration end Friday 2/7. If registering for this course, please email the instructor at <a href="mailto:mbrailo@ymcahonolulu.org">mbrailo@ymcahonolulu.org</a> to receive the 2 online links. Online training must be completed prior to the first day of class</td>
<td></td>
<td></td>
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<tr>
<td>March</td>
<td>#27166</td>
<td>March 16-20, 2020</td>
<td>$175</td>
<td>Windward Moa</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Monday-Friday 10a-6p everyday</td>
<td></td>
<td></td>
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<tr>
<td>April</td>
<td>#27204</td>
<td>April 14, 15, 16, 21, 22, 23, 28, 29 &amp; 30, 2020</td>
<td>$175</td>
<td>Nuuanu</td>
<td>Neal Yamamura</td>
</tr>
<tr>
<td>May</td>
<td>#00000</td>
<td>TBA</td>
<td>$175</td>
<td>Camp</td>
<td>Morgan Brailo</td>
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<tr>
<td>August</td>
<td>#27205</td>
<td>August 13, 15, 16, 17, 20, 22, 23, 24 &amp; 27, 2020</td>
<td>$175</td>
<td>Windward Moa</td>
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<tr>
<td></td>
<td></td>
<td>Mondays/Thursdays: 5p-9p, Saturdays/Sundays: 1p-6p</td>
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<td></td>
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<tr>
<td>September</td>
<td>#00000</td>
<td>TBA</td>
<td>$175</td>
<td>Mililani</td>
<td>Darcie Mikami</td>
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<td>October</td>
<td>#27206</td>
<td>October 13, 14, 15, 20, 21, 22, 27, 28 &amp; 29, 2020</td>
<td>$175</td>
<td>Nuuanu</td>
<td>Neal Yamamura</td>
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<td></td>
<td>Tuesdays-Thursdays: 6p-10p</td>
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<td></td>
<td></td>
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<tr>
<td>November</td>
<td>#00000</td>
<td>TBA</td>
<td>$175</td>
<td>Kaimuki</td>
<td>Rachel Morrison</td>
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</tbody>
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Registration and payment can be done at your local YMCA or online at [www.ymcahonolulu.org](http://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 - You must log into [https://lcdc.yexchange.org/](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.
2. CPR/AED, First Aid and Oxygen – Link 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.

<table>
<thead>
<tr>
<th>YMCA Camp HR Erdman</th>
<th>Kaimuki-Waialae Branch</th>
</tr>
</thead>
<tbody>
<tr>
<td>69-385 Farrington Hwy</td>
<td>4835 Kilauea Avenue</td>
</tr>
<tr>
<td>Waialua, HI 96791</td>
<td>Honolulu, HI 96816</td>
</tr>
<tr>
<td>Phone (808) 637-4615</td>
<td>Phone (808) 737-5544</td>
</tr>
<tr>
<td>Fax (808) 637-8874</td>
<td>Fax (808) 735-9849</td>
</tr>
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<table>
<thead>
<tr>
<th>Mililani Branch</th>
<th>Nuuanu Branch</th>
</tr>
</thead>
<tbody>
<tr>
<td>95-1190 Hikikaulia Street</td>
<td>1441 Pali Highway</td>
</tr>
<tr>
<td>Mililani, Hawaii 96789</td>
<td>Honolulu, HI 96813</td>
</tr>
<tr>
<td>Phone (808) 625-1040</td>
<td>Phone (808) 536-3556</td>
</tr>
<tr>
<td>Fax (808) 625-1327</td>
<td>Fax (808) 521-1181</td>
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<thead>
<tr>
<th>Leeward Branch</th>
<th>Windward Branch</th>
</tr>
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<tbody>
<tr>
<td>94-440 Mokuola Street</td>
<td>1200 Kailua Road</td>
</tr>
<tr>
<td>Waipahu, HI 96797</td>
<td>Kailua, Hawaii 96734</td>
</tr>
<tr>
<td>Phone (808) 671-6495</td>
<td>Phone (808) 261-0808</td>
</tr>
<tr>
<td>Fax (808) 671-7985</td>
<td>Fax (808) 261-2365</td>
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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:

Items to Bring:
- 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
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.

<table>
<thead>
<tr>
<th>Number of Hours:</th>
<th>16 hours, actual course time may be longer to account for breaks and transitions.</th>
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**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.
- [Principles of Youth Development](https://lcdc.yexchange.org/) YT101B (Online via https://lcdc.yexchange.org/) no fee
- [YMCA Swim Lessons Instructor v6: Observe & Communicate](https://lcdc.yexchange.org/) AQ116B (Online via https://lcdc.yexchange.org/) $10
- [YMCA Swim Lessons Instructor v6: Orientation](https://lcdc.yexchange.org/) 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

**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.

<table>
<thead>
<tr>
<th>Items to Bring:</th>
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</table>
- Swim Suit/Towel
- Goggles
- 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.