

# LIFEGUARD TRAINING PROGRAM CHECKLIST

YOUR STEP-BY-STEP GUIDE TO GETTING CERTIFIED

## 1. REGISTER FOR THE PRE-TEST

- Complete and submit the pre-test registration form  
[Fill out and submit this form](#)

## 2. TAKE THE PRE-TEST

- Attend and successfully complete the swim pre-test

## 3. ENROLL IN E-LEARNING

- Check email for registration instructions after passing pre-test
- Register in the YMCA of the USA (Y-USA) system

## 4. COMPLETE E-LEARNING COURSES

- Complete all 3 required courses (approximately 9 hours total)

## 5. REGISTER FOR IN-PERSON TRAINING

- After completing e-learning, email the Aquatics Team  
[Aquatics@ymcanyc.org](mailto:Aquatics@ymcanyc.org)
- Receive instructions and register for classroom & pool sessions

## 6. ATTEND CLASSROOM & POOL TRAINING

- Successfully complete all required in-person training sessions

## 7. PASS THE WATER SKILLS & WRITTEN EXAM

- Demonstrate required lifeguarding water skills
- Successfully complete the final written exam

**Our comprehensive training program will prepare you both mentally and physically for all aspects of lifeguarding.**

