



2026 AQUATICS TRAININGS

All Registrations Will Be Done Online @ www.aberdeenymca.org



Lifeguard/Blended Learning

DESCRIPTION:

This course will teach you basic lifeguarding practices, help improve your endurance and certify you as a lifeguard. Courses offered are through the American Red Cross. This course removes a day from actual in-person training due to the online portion that you will take and complete prior to in-person training dates that are listed below. You will receive the web based information 10-14 days prior to in-person dates listed below.

Prerequisites:

- **15 years of age on or by the end of class**

Successfully complete the two prerequisite swimming skills evaluations: o

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 o **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 7 – 10 feet to retrieve a 10-pound object. ▪ 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
First Aid instruction and CPR/AED for the Lifeguard are included in the course.

COURSE DATE OPTIONS

April 25 and 26, 2026

May 24 and 25, 2026

May 31 and June 1, 2026

Day 1-8am-8pm, Day 2 8am-5pm

COST-\$230

WATER SAFETY INSTRUCTOR BLENDED LEARNING

DESCRIPTION:

The purpose of this American Red Cross instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim, Private Lessons, Water Safety Courses (including Safety Training for Swim Coaches*) and Water Safety Presentations. This course removes a day from actual in-person training due to the online portion that you will take and complete prior to in-person training dates that are listed below. You will receive the web based information 10-14 days prior to in-person dates listed below.

*Prior to teaching Safety Training for Swim Coaches, Water Safety Instructors must complete an online orientation to Safety Training for Swim Coaches on Instructor's Corner.

Prerequisites:

- Be at least 16 years old on or before the last day of the Instructor Course
- Demonstrate the ability to perform the following swimming skills:

1. Swim the following strokes consistent with the Stroke Performance Charts, Level 4:

⇒ Front Crawl – 25 yards

⇒ Back Crawl – 25 yards

⇒ Breaststroke – 25 yards

⇒ Elementary Backstroke – 25 yards

⇒ Sidestroke – 25 yards

⇒ Butterfly – 15 yards

2. Maintain position on back for 1 minute in deep water (floating or sculling) 3. Tread water for 1 minute

COURSE DATE OPTION May 16 and 17, 2026

This course includes online learning and instructor-led sessions for in-class/in-water training. Online learning must be completed prior to in-person training.

Online Training

7 hrs, 25 min

Day 1

8:00am-8:00pm

Day 2

8:00am-5:00pm

*All courses will have a few breaks including one for lunch and dinner.

COST-\$285

All fees are due at the time of registration.

BLENDED LEARNING SAFETY TRAINING FOR SWIM COACHES

DESCRIPTION:

The purpose of the American Red Cross Safety Training for Swim Coaches course is to teach those involved in competitive swimming, including coaches, officials, athletic trainers and aquatic exercise trainers, how to help maintain a safe and comfortable environment for swimmers, prevent accidents and emergencies, and respond to swimmers with illnesses or injuries in water or on land. This program is offered in a blended learning format.

Prerequisites:

- Must be 15 years old on or before the final scheduled session of the course
- Must be comfortable in chest-deep water

Learning Objectives

- Understand the guidelines for responsible coaching and professional conduct, and the legal responsibilities of a professional coach.
- Understand the coach's responsibility for providing a safe and positive sport environment, including raising awareness of, and actively working to prevent, abuse in the sport.
- Understand the safety considerations that are paramount in planning athlete training and swim practices in pools, on dry land and in open-water situations.
- Understand the safety rules and guidelines that must be followed when teaching and practicing turns and entries.
- Understand the coach's role in emergency planning and response.
- Learn how to recognize and respond to common first aid emergencies.
- Demonstrate how to perform basic assists to a swimmer in distress.

COURSE DATE OPTION May 14, 2026 6:00pm-7:00pm

This course includes online learning and instructor-led sessions for in-class/in-water training. Online learning must be completed prior to in-person training.

COST-\$120

All fees are due at the time of registration.

LIFEGUARDING REVIEW:

DESCRIPTION:

This abbreviated Lifeguarding course will briefly review course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years. Same prerequisites as the Blended Learning Lifeguard Course

COURSE DATE OPTIONS

May 03, 2026 8:00am-5:00pm

May 10, 2026 8:00am-5:00pm

COST-\$160

IMPORTANT INFO:

- Registration is due at least **TWO WEEKS** prior to class start date for blended learning lifeguard courses.
- Registration is due at least **ONE WEEK** prior to class start date for lifeguard review course.
- **NO REFUNDS** for cancellations within 72 hours of course start date. \$100 is non-refundable on all registrations.
- **\$30 LATE FEE** is applied for registrations after due date.
- \$30 fee applies to transfer to different course within 72 hours of course start date.
- Class sizes are limited. Register as soon as possible. **Must Have 6 to run classes.**
- Attendance at all classes offered is mandatory.
- Must bring a proof of age to course.

Questions? Contact: **Bruce Kleinsasser**
bruce.kleinsasser@avera.org • 605.380-9815



2026 AQUATICS TRAINING



Participant's Name: _____ ☐ Male ☐ Female DOB: _____

Address: _____ City/State/Zip: _____

Cell Phone: _____

E-mail (required): _____

****Please write legible so we can send you the information via e-mail. E-Mail is a Requirement for process****

***If participant is under 18 years old, please fill out information below:**

Signature of Parent/Guardian and Participant on the Aberdeen Family YMCA registration form indicates permission to participate in the program/programs and the authorization to use promotional photos of participants. I release the Aberdeen Family YMCA and its staff members from all claims of any injuries which may be sustained by participants while partaking in any YMCA sponsored activity. If medical attention is required, I give permission for such medical care.

Father/Guardian Name: _____ Mother/Guardian Name: _____

Father's Cell: _____ Cell: _____

Participant's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____
(if under 18 yrs old)

PLEASE MARK THE COURSE YOU PLAN ON ATTENDING BELOW:

BLENDED LEARNING LIFEGUARDING

- ☐ April 25 and 26, 2026
- ☐ May 24 and 25, 2026
- ☐ May 31 and June 1, 2026

\$230

BLENDED LEARNING LIFEGUARD REVIEW

- ☐ May 3, 2026
8:00am-5:00pm
- ☐ May, 10 2026
8:00am-5:00pm

\$160

BLENDED LEARNING SWIM INSTRUCTOR (WSI) COURSE:

- ☐ May 16 and 17, 2026
\$285

BLENDED LEARNING SAFETY TRAINING FOR SWIM COACHES COURSE:

- ☐ May 14, 2026

\$120

PAYMENT:

ONLINE REGISTRATION:

OFFICE USE ONLY:

**THE FULL COURSES
INCLUDE MATERIALS**

TOTAL FEES \$ _____

Payment in FULL is REQUIRED upon registration

- ☐ Cash
- ☐ Check
- ☐ Credit Card (online or at YMCA)
- ☐ Submitted Online

**We STRONGLY encourage you to
register on line at:
www.aberdeenymca.org**

**Or you can copy the form off and send
it in with payment to the following:**

**Aberdeen Family YMCA
Attn: AQUATICS DEPARTMENT
5 S State Street
Aberdeen, SD 57401**

*****OFFICE USE:*****

Amount Paid: \$ _____
Date Paid: _____
YMCA Staff _____

*****AQUATICS USE:*****

Emailed _____
Received Email _____
Aquatics Staff _____