



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Waterfront Lifeguard Certification

October 18th-20th 2024

Friday October, 18th: 5:00pm-10:00pm

Saturday October, 19th: 9:00am-9:00pm

Sunday October 20th: 9:00am-7:00pm

Some of these hours will be completed at home.

Hours are subject to change depending on participant ability.



PARTICIPANTS MUST COMPLETE 6-8 HOUR ONLINE COURSE
PRIOR TO FIRST DAY, AND ATTEND ALL THE IN-PERSON CLASS
SESSIONS IN ORDER TO RECEIVE CERTIFICATION.

Participants **MUST** be experienced swimmers

WATERFRONT CERTIFICATION (required for any body of open water)

-Swim 550 yards (350 yards in freestyle and/or breaststroke, 2 minute tread, then additional 200 yards—goggles option for swim-tread-swim)

-Swimming underwater with eyes open to picking up 3 rings spaced over 15 feet (no goggles).

-The timed brick drill. Swim 20 yards, pick up 10lb brick submerged at bottom of deep end, swim back to shallow end on your back holding the brick with both hands (1minute 40 seconds max—NO GOGGLES)

BASIC LIFEGUARD COURSE also available (pool only) - swim 150 yards—2 minute tread without hands then swim an additional 50 yards + timed brick drill.

FEE: Members \$400 General Public \$500

Full program fee is due at registration.

Any cancelations more than 5 days in advance will receive YMCA credit.

No refunds for any cancelations within 5 days of the course.

***YMCA will sponsor those who commit to a minimum 3 months employment upon successful completion of course.**

Register by emailing Jen Passafiume jenp@ymcamv.org

Minimum age of 15 to take the course.

Must be 16 to work as a lifeguard the state of Massachusetts.

MUST register by 10/11/24 at noon!

Limited space available!