



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BECOME LIFEGUARD CERTIFIED



## Lifeguard Certification Training *BLENDED LEARNING COURSE*

Shifts are immediately available for participants who pass, if hired.

**Prerequisites: these skills will be tested on the first day of the course:**

- 300 yd swim using freestyle and breaststroke
- 2 minute tread using only the legs
- 10 lb brick retrieval from 9 ½ feet of water and 25 yd swim

**Participants are encouraged to bring their own victim for in-water, CPR and First Aid skills.**

Victims must be: 16 years old or older; able to swim 50 yds without stopping, tread water for 1 minute, and retrieve an object from 9 ½ feet of water

**WHEN:** December 19th 8:00am-5:00pm  
December 20th 9:00am-6:00pm  
**-Must Attend All Days and Times**

**LOCATION:** MALDEN YMCA  
99 Dartmouth Street, Malden MA

- ⇒ Registration Deadline: December 12, 2020
- ⇒ Blended Learning link will be sent December 13, 2020
- ⇒ Blended Learning certificates due December 19, 2020 (on the first day of class)

### REGISTRATION INFORMATION

- Fee: \$300
- Register at the Malden YMCA Welcome Center, on line or over the phone at 781-324-7680
- No Refunds after the class starts or if you cannot pass