



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: March 27 th 8:00am-5:00pm
March 28 th 9:00am-6:00pm
-Must Attend All Days and Times

LOCATION: MALDEN YMCA
99 Dartmouth Street, Malden MA

- ⇒ Registration Deadline: March 20, 2021
- ⇒ Blended Learning link will be sent March 21, 2021
- ⇒ Blended Learning certificates due March 27, 2021 (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