



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

So You Want to be a Lifeguard?

Thinking about becoming a lifeguard... but not sure about the prerequisite swim test??

TAKE A LIFEGUARD READINESS WORKSHOP

Have your stroke analyzed and work on endurance to ensure you are ready for the lifeguard course. A qualified instructor will be able to assist with your strokes and practice the lifeguard prerequisite test (see reverse for descriptions of lifeguard courses and prerequisites)

The Workshops will be held every Wednesday in January and February from 8:00pm to 8:45pm in the Brookside Pool.

You must register in advance. Classes will be cancelled if there is low enrollment.

FEE: (per workshop): \$10.00 members \$20.00 non members

(minimum age 14—must be 15 by the last day of the lifeguard course)

Register at the member service desk or online at www.ryeymca.org

The Lifeguard Course

This course provides certification for individuals to lifeguard at pools **only**. This course also provides certification in First Aid as well as CPR for the Professional Rescuer with the use of the AED.

Prerequisites:

- Minimum age of 15.
- Swim 300 yards continuously. (First 100 front crawl stroke, second 100 breaststroke, last 100 combo of front crawl and breaststroke)
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

The Waterfront Lifeguard Course

This course provides certification for individuals to lifeguard at a pool and a non-surf waterfront. This course also provides certification in First Aid as well as CPR for the Professional Rescuer with the use of the AED. Students are required to bring a mask and fins to class.

Prerequisites:

- Minimum age of 15.
- Swim 550 yards continuously. (First 200 front crawl stroke, second 200 breaststroke, last 150 combo of front crawl and breaststroke)
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4–7 feet of water, resurface and swim 5 yards to the side of the pool.

Questions? Please send emails to: healthandsafety@ryeymca.org