



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BECOME LIFEGUARD CERTIFIED

## Lifeguard Certification Training MALDEN YMCA



Are you 15yrs old or over? Have you been looking for an opportunity to make a difference in your community? Participate in our lifeguard training and you will gain American Red Cross Lifeguard, CPR/AED and First Aid Certification.

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

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

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

**WHEN:** August 11, 12, 18, 19  
-Must Attend All Days and Times

**TIME:** 9:00 am—5:00 pm

**LOCATION:** MALDEN YMCA  
99 Dartmouth Street  
Malden, MA  
[www.ymcamalden.org](http://www.ymcamalden.org)

### **REGISTRATION INFORMATION**

- Members: \$300
- Non-Members: \$425
- Register at the Malden YMCA Welcome Center or over the phone at 781-324-7680
- Once registered you will receive an e-mail from the trainer about class preparation.