



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: October 14, 15, 21, 22
-Must Attend All Days and Times

TIME: 9:00 am—5:00 pm

LOCATION: MALDEN YMCA
99 Dartmouth Street
Malden, MA
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.