



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME LIFEGUARD CERTIFIED

WHEN: April 17, 18, 22, & 23
9:00am– 6:00pm
Must attend all days and times

WHERE: Malden YMCA
99 Dartmouth Street

WHY: To gain job and life skills to
protect & save lives.



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.

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

Registration Information:

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