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: December 19th 8:00am-5:00pm
December 20th 9:00am-6:00pm
- Must Attend All Days and Times

LOCATION: MALDEN YMCA
99 Dartmouth Street, Malden MA

⇒ Registration Deadline: December 12, 2020
⇒ Blended Learning link will be sent December 13, 2020
⇒ Blended Learning certificates due December 19, 2020 (on the first day of class)

REGISTRATION INFORMATION

- Fee: $300
- Register at the Malden YMCA Welcome Center, online or over the phone at 781-324-7680
- No Refunds after the class starts or if you cannot pass