



LEARN TO SAVE LIVES

FREE YMCA LIFEGUARD CERTIFICATION COURSE

APRIL 9 – APRIL 13, 2012

Courses offered in the Bronx, Brooklyn, Manhattan,
Queens and Staten Island

PREREQUISITES

- Minimum age of 17 by the last day of the scheduled course (Those under the age of 18 must have parental consent to participate in the course)
- Pass the following Physical Competency Requirements (Scheduled prior to first day):
 - Tread water for 2 minutes (legs only)
 - Swim 100 yards of front crawl
- Swim 50 yards of each:
 - Front crawl with the head up
 - Sidestroke
 - Breaststroke
 - Breaststroke with the head up
 - Elementary backstroke kick with hands on the chest

FOR MORE INFORMATION CONTACT:

Mary O'Donoghue at 212-630-9703 or
aquatics@ymcanyc.org

New York City's YMCA
**WE'RE HERE
FOR GOOD.**

This program is made possible, in part, with the support of the JPMorgan Chase Foundation