



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME A LIFESAVER



Lifeguard & Swim Instructor Certification Training

YMCA Aquatics training classes teach teens and adults the skills, knowledge and training necessary to become a certified lifeguard or swim instructor. You'll not only find a rewarding career, but you'll also have the power to save lives.

Employee benefits include:

- Free Y Membership
- Flexible Work Schedule
- Savings on Y Programs & Select Services
- Competitive Salary (up to \$18/hr for Lifeguard/Swim Instructor Combo)

Certificate: Y Lifeguard that includes CPR/AED, First Aid and Oxygen

What you will need:

- Swimsuit
- Towel
- Goggles

AQUATICS REGIONAL DIRECTORS:

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Apply online at
FCYMCA.org

Turn over to view our upcoming trainings!

AQUATIC CERTIFICATION TRAININGS

Region	Lifeguard/Swim Instructor	Training Dates	Location
Duval/Nassau	YSI	January 26 & 28	Winston
Clay/Baker	Lifeguard Full	January 29 - Feb 2	Barco-Newton
St. Johns	YSI	March 2 & 3	Brown
Clay/Baker	Lifeguard Full	March 9-16	Barco-Newton
St. Johns	Lifeguard Full	March 11-14	Calhoun
Duval/Nassau	Lifeguard Full	March 18-22	Winston
Duval/Nassau	YSI	March 28 & 30	Winston
St. Johns	YSI	April 13 & 14	Calhoun
St. Johns	Lifeguard Full	April 15-19	Calhoun
Clay/Baker	Lifeguard Full	April 20-21	Baker
Duval/Nassau	Lifeguard Full	April 29 - May 4	Williams
Nassau	YSI	May 9 & 11	McArthur
St. Johns	Full Lifeguard	May 13-16	Brown
Duval/Nassau	YSI	May 16 & 18	Williams
Clay/Baker	Lifeguard Full	May 20-24	Barco-Newton
St. Johns	YSI	May 30 & 31	Brown
Duval/Nassau	Lifeguard Full	June 3-8	Williams
St. Johns	Lifeguard Full	June 10-13	St. Augustine

Swimming Pre-Test: To become a lifeguard with the YMCA, candidates must first complete a Physical Competency Assessment. The test is given in 3 phases, with a small break between the phases.

Phase 1:

Tread water for 2 minutes, then 100 yards of front crawl (freestyle)

Phase 2:

50 yards of each of the following:
Front Crawl with head up;
Sidestroke; Breaststroke;
Breaststroke with head up;
Elementary Backstroke Kick with hands on chest or stomach.
After the swim, perform a feet-first surface dive and swim underwater for 15 ft

Phase 3:

Starting in the shallow end, sprint approximately 60 ft, perform an arm-over-arm surface dive, and retrieve an object from the bottom of the pool. Keeping both hands on the object, tread water at the surface for 1 minute, then return the object to the bottom of the pool.
Exit the pool without ladder and start doing 1 minute of compressions on the dummy. After the compressions, verbal instructions will be given. Follow those instructions.