



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **Waterfront Lifeguard Certification**

**JUNE 2025**

**Wednesday, June 18th 1pm—9pm**

**Thursday, June 19th 8am—9pm**

NOTE—Some of these hours will be completed at home.

Hours are subject to change depending on participant ability.

PARTICIPANTS MUST COMPLETE 6-8 HOUR ONLINE COURSE PRIOR  
TO FIRST DAY, AND ATTEND ALL THE IN-PERSON CLASS  
SESSIONS IN ORDER TO RECEIVE CERTIFICATION.

Participants MUST be experienced swimmers

WATERFRONT CERTIFICATION (required for any body of open water)

- Swim 550 yards (350 yards in freestyle and/or breaststroke, 2 minute tread, then additional 200 yards—goggles option for swim-tread-swim)
- Swimming underwater with eyes open to picking up 3 rings spaced over 15 feet (no goggles).
- The timed brick drill. Swim 20 yards, pick up 10lb brick submerged at bottom of deep end, swim back to shallow end on your back holding the brick with both hands (1minute 40 seconds max—NO GOGGLES)

**FEE:** Members \$400 General Public \$500

**Full program fee is due at registration.**

Any cancelations more than 5 days in advance will receive YMCA credit.

No refunds for any cancelations within 5 days of the course.

**\*YMCA will sponsor those who commit to a minimum 3 months  
employment upon successful completion of course.**

**Register by emailing Jen Passafiume [jenp@ymcamv.org](mailto:jenp@ymcamv.org)**

Minimum age of 15 to take the course.

Must be 16 to work as a lifeguard the state of Massachusetts.

**MUST register by 6/11 Limited space available!**

