

Earn Money Be a Leader Save Lives



**American
Red Cross**

American Red Cross Shallow Water Lifeguard Certification - Water less than or equal to 6 feet

The YMCA of Greater New Orleans is now hiring for certified lifeguards. After a successful interview and decision to hire, we will send you through this course **at no cost. This is a \$300 value.** You must successfully pass the course to be hired as a lifeguard at the YMCA.

Upon successful completion of the course you will receive a Red Cross Shallow Water Lifeguard Certification - Water less than or equal to 6 feet.

The prerequisites of the course are:

- Must be at least 15 years old
- Perform (4 lengths) 100 yard continuous swim using front crawl or breaststroke
- Tread water for 2 minutes with your hands under your armpits, using only legs and keep your head above the water
- Swim 20 yards, retrieve a 10 pound object from the bottom of 5 feet of water, return to the surface and walk or swim back to the beginning point, and get out of the pool without ladder or steps

Course Dates:

June 24th 10am-5pm

June 25th 10am-5pm

June 26th 12pm-7pm

Location:

West St Tammany YMCA

71256 Francis Road

Covington, LA 70433

To Register:

Please email Rachael Jonas at rachaelj@ymcaneworleans.org

www.ymcaneworleans.org



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**