

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Kristen Lawrence
Email: klawrence@nnyymca.org
Phone: 315.755.2132

For more information on programs,
memberships, services, and to
register: watertownymca.org



SCAN QR CODE
TO REGISTER

Check out these other great
YMCA programs:

- Fall Swim Lessons
- Swim Private Lessons
- Adult Art Watercolor



GATEWAY FINANCIAL SCHOLARSHIP

To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA**, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



DOWNTOWN YMCA LIFEGUARD CERTIFICATION AGES 15+

REGISTRATION
IS OPEN



WHAT YOU NEED TO KNOW

Ages: 15+ Years

Location: Downtown Aquatic Center

Start Date: September 25, 2024

End Date: September 29, 2024

Days & Times*:

Wednesday, September 25th, 4–8:30PM

Saturday, September 28th, 9AM – 5PM

Sunday, September 29th, 9AM – 5PM

Program Fee:

Members: \$300.00

Non-Members: \$350.00

Military: \$325.00

* MUST ATTEND ALL THREE SESSIONS

REQUIRED EQUIPMENT

Swim suit & towel

Swim cap or hair pulled
back if long

LIFEGUARD CERTIFICATION

LIFEGUARD CERTIFICATION is an American Red Cross Lifeguard Certification course. Upon completion of this course, you will obtain Lifeguarding with CPR/AED for Professional Rescuers and First Aid. You will receive a CPR mask, hip pack and whistle.

BLENDING COURSE REQUIREMENTS:

- 7-Hour online course* completed prior to first in-person session and provide proof of completion
 - Must be 15 years of age by the last class.
 - Actively participate in all in-person sessions while demonstrating competency in all required areas.
- * Information for Online course login will be provided after course registration.



**American
Red Cross**



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