

**DOWNTOWN YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact:  
Bear Jones  
Email: [bjones@nnyymca.org](mailto:bjones@nnyymca.org)  
Phone: 315.755.2132

For more information on programs,  
memberships, services, and to  
register: [watertownymca.org](http://watertownymca.org)



**SCAN QR CODE  
TO REGISTER**

Check out these other great  
YMCA programs:

- Swim Lessons
- Swim Private Lessons
- Masters Swim



### **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: February 18, 2025

End Date: February 20, 2025

Day & Time:

Tuesday - Thursday

9:00 AM - 5:00 PM

Program Fee:

Members: \$350.00

Non-Members: \$400.00

Military: \$375.00

## **\* 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.

### **BLENDED 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**



**WATERTOWNYMCA.ORG**