

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Bear Jones
Email: bjones@nnyymca.org
Phone: 315.755.2132

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



SCAN 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**



WATERTOWNYMCA.ORG

WHAT YOU NEED TO KNOW

Ages: 15+ Years

Location: Downtown Aquatic Center

Program Fee:

Members: \$350.00

Non-Members: \$400.00

Military: \$375.00

*** MUST ATTEND
ALL DAYS IN THE
SESSION**

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**

SESSIONS (CHOOSE ONE):

MAY/JUNE Session

28th	Wednesday	4:00 PM-8:00 PM
30th	Friday	4:00 PM-8:00 PM
31st	Saturday	9:00 AM-5:00 PM
June 1st	Sunday	9:00 AM-5:00 PM

JUNE Session

11th	Wednesday	4:00 PM-8:00 PM
13th	Friday	4:00 PM-8:00 PM
14th	Saturday	9:00 AM-5:00 PM
15th	Sunday	9:00 AM-5:00 PM

JULY Session

15th	Tuesday	9:00 AM-1:00 PM
16th	Wednesday	9:00 AM-5:00 PM
17th	Thursday	9:00 AM-5:00 PM
18th	Friday	9:00 AM-1:00 PM

AUGUST Session

12th	Tuesday	9:00 AM-1:00 PM
13th	Wednesday	9:00 AM-5:00 PM
14th	Thursday	9:00 AM-5:00 PM
15th	Friday	9:00 AM-1:00 PM



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