

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 ensure all youth and families have access to programs and services, **Watertown Family YMCA**, supported by **Northern New York Community Foundation**, **United States Army Child & Youth Services** and **United Way of Northern New York**, offers financial assistance to those who are unable to afford membership or program fees.

Assistance is determined based on each applicant's income and expenses.

Applications are available at the YMCA Welcome Center or online. Watertown Family YMCA is committed to protecting the privacy of all applicants and safeguarding their personal information.



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



UNITED WAY OF NORTHERN NEW YORK



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.

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**

SESSIONS (CHOOSE ONE):

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

SEPTEMBER Session

17th	Wednesday	4:00 PM-8:00 PM
19th	Friday	4:00 PM-8:00 PM
20th	Saturday	9:00 AM-5:00 PM
21st	Sunday	9:00 AM-5:00 PM

OCTOBER Session

15th	Wednesday	4:00 PM-8:00 PM
17th	Friday	4:00 PM-8:00 PM
18th	Saturday	9:00 AM-5:00 PM
19th	Sunday	9:00 AM-5:00 PM

NOVEMBER Session

12th	Wednesday	4:00 PM-8:00 PM
14th	Friday	4:00 PM-8:00 PM
15th	Saturday	9:00 AM-5:00 PM
16th	Sunday	9:00 AM-5:00 PM

DECEMBER Session

10th	Wednesday	4:00 PM-8:00 PM
12th	Friday	4:00 PM-8:00 PM
13th	Saturday	9:00 AM-5:00 PM
14th	Sunday	9:00 AM-5:00 PM

