



LIFEGUARD

ARE YOU WHISTLE WORTHY?

LIFEGUARD TRAINING & HIRING

PENOBSCOT BAY YMCA

AMERICAN RED CROSS LIFEGUARDING CLASSES

**LIFEGUARD CLASS DATES:
APRIL 12 - 23**

Class Times:

- Wednesday 4/12: 4-8 PM
- Friday 4/14: 4-8 PM
- Thursday 4/20: 4-8 PM
- Friday 4/21: 4-8 PM
- Saturday 4/22: 9 AM-5 PM
- Sunday 4/23: 10 AM-4 PM

Pre-requisite:

- Must be 15 years old
- 300 yard swim with face in water
- Other skills include treading water and swimming with a brick

Fee: \$285/person*

* Cost is greatly reduced for YMCA employees.



For pricing and further details, please call or email the Aquatics Department at:

236.3375, ext. 221
mfrier@penbayymca.org

WWW.PENBAYYMCA.ORG