

## DOWNTOWN BRANCH

146 Arsenal Street  
Watertown, NY 13601

### For program questions contact:

Bear Jones  
bjones@nnyymca.org  
315.755.2132

Need financial assistance?

Know someone who does?  
We can help.

### GATEWAY FINANCIAL SCHOLARSHIPS

To ensure everyone has 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 memberships, services, or program fees.

#### SUPPORTED BY



Northern New York  
Community Foundation



UNITED STATES ARMY  
CHILD & YOUTH SERVICES



UNITED WAY  
Northern New York



SCAN FOR APPLICATION or stop by the Welcome Center. Assistance is based on applicant's income and expenses. All information is kept private and confidential.



## DOWNTOWN BRANCH

### LIFEGUARD CERTIFICATION

AGES: 15+

DATES: 5-Day In-Person Sessions  
(Offered monthly)



## REGISTRATION OPEN NOW



Scan to Register

FIND US ON



VISIT US ONLINE AT  
**WATERTOWNYMCA.ORG**

**THE PLACE** for even more great YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

**THE**  
Where You Can  
Really *Do It All*  
**PLACE**



## LIFEGUARD CERTIFICATION

### LOCATION

Downtown Aquatic Center

### AGES

15+

### DATES

February - October 2026

### DAYS/TIMES

See In-Person Sessions\*

### PROGRAM FEES

Members	\$350.00
Non-Members	\$400.00
Military	\$375.00

### REQUIRED EQUIPMENT

Swimsuit & towel  
Swim cap or long hair pulled back

This is an American Red Cross Lifeguard Certification Course.



# American Red Cross

**LIFEGUARD CERTIFICATION** is a blended course that combines online and in-person instruction. Upon completion of this course, you will receive certification from the American Red Cross for Lifeguarding with CPR/AED for Professional Rescuers and First Aid. You will also receive a CPR mask, hip pack, and whistle.

### BLENDED COURSE REQUIREMENTS:

- 7-Hour online course\*\* must be completed prior to first in-person session with proof of completion
- Must be a minimum of 15 years of age by the last class
- Actively participate in all in-person sessions while demonstrating competency in all required areas

\*\*Online course log-in information will be provided after registration.

## IN-PERSON SESSIONS \*\*\*DAYS/TIMES LISTED ONLINE

### PARTICIPANTS MUST ATTEND ALL DAYS IN THE SESSION

February Session: February 18 - 22

March Session: March 18 - 22

April Session: April 15 - 19

May Session: May 5 - 9

June Session: June 10 - 14

July Session: July 13 - 17

August Session: August 10 - 14

September Session: September 16 - 20

October Session: October 14 - 18

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