

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For program questions contact:

Kristen Lawrence,
Aquatics Director

klawrence@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* – Choose a Session –

August 10 – 14

September 16 – 20

October 14 – 18

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

August Session August 10 – 14

September Session September 16 – 20

October Session October 14 – 18



* Scan for specific In-Person Session Days and Times

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