



How to Become a Lifeguard or Swim Instructor

Prerequisites are italicized

Bronze Star

*Ages 11-13
Intended for people
interested in doing
Bronze Medallion*

Bronze Medallion

*Age 13, or Bronze
Star*

Bronze Cross

*Bronze Medallion,
Standard or
Emergency First Aid*

National Lifeguard

*Age 15, Bronze Cross,
Standard First Aid*

**Visit our webpage
today to get certified
with the YMCA!**

*Please note that some courses
may be cancelled or postponed
due to registration numbers.*

Assistant Swim Instructor

*Must be age 13 or
older to work as an
Assistant Swim
Instructor*

You must have the
following certifications:

1. Bronze Medallion
2. Emergency First Aid (EFA)
No prerequisites

Assistant Lifeguard

*Must be age 15 or
older to work as an
Assistant Lifeguard*

You must have the
following certifications:

1. Standard First Aid (SFA)
No prerequisites
2. Bronze Cross

Swim Instructor

*Must be age 16 or
older to work as a
Swim Instructor*

You must have the
following certifications:

1. Standard First Aid (SFA)
No prerequisites
2. Bronze Cross
3. Y Swim Instructor Course

Lifeguard

*Must be age 16 or
older to work as a
certified Lifeguard*

You must have the
following certifications:

1. Bronze Medallion course
2. Emergency First Aid (EFA)
No prerequisites
3. Bronze Cross course
4. Standard First Aid (SFA)
No prerequisites
5. National Lifeguard course

[Ches Penney Family YMCA](#)
[Marystown YMCA](#)
[Central Labrador YMCA](#)

Contact Deidre Ryan for any
questions or concerns:
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