



How to Become a Lifeguard or Swim Instructor

Prerequisites are italicized

Bronze Star

Must be 11-13 y/o qualify for this certification. Intended for people interested in doing Bronze Medallion

Bronze Medallion

Must be 13 y/o to qualify for this certification, or have Bronze Star

Bronze Cross

Must be 13 y/o to qualify for this certification, and have Bronze Medallion

National Lifeguard

Must be 15 y/o to qualify for this certification, have Bronze Cross, and 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.

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

Contact Deidre Ryan for any questions or concerns:
deidre.ryan@nl.ymca.ca

Work and Volunteer Opportunities:

Assistant Swim Instructor

Must be 14 y/o or older to work (or 13 y/o or older to volunteer) as an Assistant Swim Instructor

You must have the following certifications:

1. Bronze Medallion
2. Emergency First Aid (EFA)

Assistant Lifeguard

Must be 14 y/o or older to work (or 13 y/o or older to volunteer) as an Assistant Lifeguard

You must have the following certifications:

1. Standard First Aid (SFA)
2. Bronze Cross

Swim Instructor

Must be 15 y/o or older to work or volunteer as a Swim Instructor

You must have the following certifications:

1. Standard First Aid (SFA)
2. Bronze Cross
3. Y Swim Instructor Course

Lifeguard

Must be 16 y/o or older to work or volunteer as a certified Lifeguard

You must have the following certifications:

1. Bronze Medallion course
2. Bronze Cross course
3. Standard First Aid (SFA)
4. National Lifeguard course