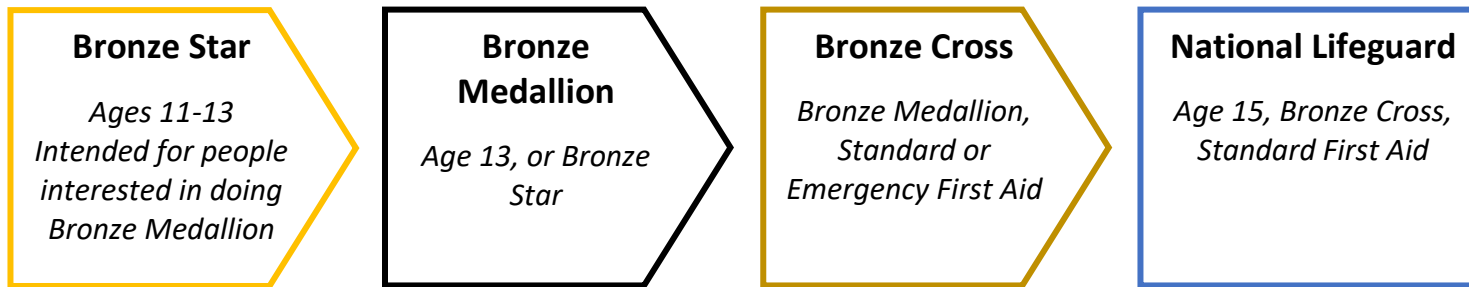


Shine On

How to Become a Lifeguard or Swim Instructor

Prerequisites are italicized



Swim Instructor

Must be age 15 or older to work as a Swim Instructor

You must have the following certifications:

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



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)
2. Bronze Cross



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)
3. Bronze Cross course
4. Standard First Aid (SFA)
5. National Lifeguard course

Visit our website to get certified with the YMCA

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

Contact Deidre Ryan for any questions or concerns:
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