

### **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

#### **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: deidre.ryan@nl.ymca.ca