



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All Hands on Deck!

The Prescott YMCA needs your help in providing and developing responsible leaders on our pool deck! The Prescott YMCA aquatics team will be hosting a mass invitation for lifeguard prerequisites and interviews. You're invited! Candidates must be at least 15 years of age to participate.

Saturday, February 11th 2pm -5pm

Prescott YMCA of Yavapai County

Candidates MUST be able to complete the following Pre-Requisites:

1. Swim 300 yards (continuously) using either freestyle or breast stroke and MUST demonstrate rhythmic breathing.
2. Sprint 25 yards and retrieve a 10lb brick from 7ft of water and return to the starting point in under 1 minute and 45 seconds.
3. Tread water (Legs ONLY) for 2 minutes.

Candidates you will be swimming! Please bring will bring a towel, goggles, and a change of clothes.

More information? Contact Austin Olsen at 928-445-7221 ext: 239 or at austin.olsen@prescottymca.org



Paid trainings are offered to lifeguard applicants!