

Lifeguard Course

Clark Memorial YMCA
155 Central St.
Winchendon, MA 01475
(978) 297- 9622
j.whittemore@clarkymca.org



Requirements:

- Minimum Age 15 by June 20, 2026
- Swim 150 yards continuously using Breast or Front Crawl then go right into treading water for 2 minutes only using your legs. After the 2 minutes are done, continue swimming another 50 yards using Front Crawl, Breaststroke or a combination of both.
- Complete a timed event within 1 minute, 40 seconds
 - Starting in the water, swim 20 yards. Surface dive to a depth of 7-10 ft to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point. Exit the water without using a ladder or steps.

Course Fee:

\$375 Members

\$425 Non Members

***\$50 Non Refundable Deposit
due upon registration**

Class Dates:

- Tuesday, June 2: Water Test: 5:30pm
- Monday, June 8: 5-9pm
- Wednesday, June 10: 5-9pm
- Sunday, June 14: 10am-3pm
- Monday, June 15: 5-9pm
- Wednesday, June 17: 5-9pm
- Saturday, June 20: 10am-3pm

