

# WATERFRONT & LIFEGUARD TRAINING

presented by

**BARNSTABLE RECREATION** in partnership with **CAPE COD YMCA**

## **WATERFRONT & LIFEGUARD TRAINING:**

**Rec Trac #: 420211-A**

**Date: March 28–May 18 (No program on April 18+20)**  
**(Tuesday & Thursday)**

**Time: 2:30pm–4:30pm**

**Fee: \$180**

**Age: 15–18 years old (BHS Student)**

**Location: Cape Cod YMCA**

**NEW!** This pilot program is designed to get you certified to become a lifeguard. You must be able to pass a Level 6 swim test on the first day. Also, you must attend all the classes to be eligible for your certifications. We have limited enrollment in this new program. The maximum number of participants is 12.

**\* Transportation is available from Barnstable High School to YMCA. Please specify during registration process if you need transportation.**

## **UPON COMPLETION OF THE PROGRAM:**

**\* American Red Cross certifications in Waterfront & Lifeguard Training.**

**\* Professional AED/CPR and First AID certification.**



**Registration:** In-person and online registration begins Tuesday, February 28. In-person registration will be ongoing Monday – Friday 8:30 am to 4:00 pm. Acceptable forms of payment are Mastercard, Visa, Check or Money Order (**CASH IS NOT ACCEPTED**) made payable to the Town of Barnstable. In-person registration will be held at the Recreation Office located in the Hyannis Youth and Community Center, 141 Bassett Lane Hyannis. Non-resident registration begins March 7, with the cost of the program being \$360/\$120. Spots are contingent upon availability.



## **JUNIOR LIFEGUARD TRAINING:**

**Rec Trac #: 420210-A**

**Date: March 28–May 18 (No program on April 18+20)**  
**(Tuesday & Thursday)**

**Time: 2:30pm–4:30pm**

**Fee: \$60**

**Age: 13–18 years old (BHS Student)**

**Location: Cape Cod YMCA**

**NEW!** This pilot program is for those who need conditioning and/or stroke work to prepare for the Waterfront and Lifeguard Training program. Instructors will work with participants on the necessary skills to become a better swimmer. Participants will also learn how to properly use rescue equipment. We have limited enrollment in this program. The maximum number of participants is 32.

**\* Transportation is available from Barnstable High School to YMCA. Please specify during registration process if you need transportation.**



## **Contact Information**

**Barnstable Recreation**

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