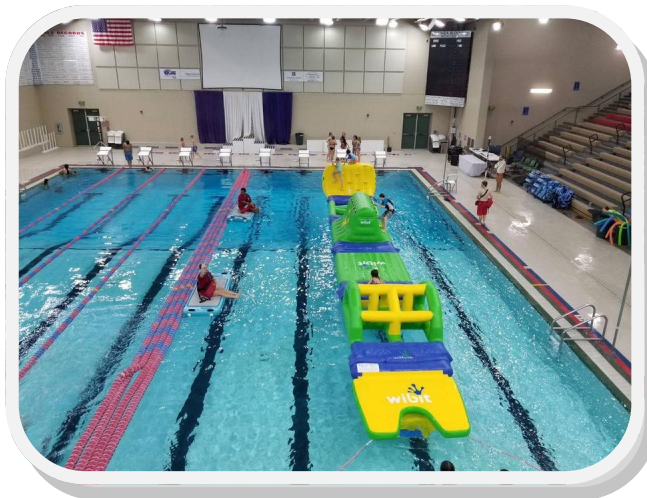




**Become part of a Family**



**For more information:**

641-752-8658

**Shelley Lechnir, Aquatic Director**

Ext. 210

**Tariq Martin, Assistant Aquatic Director**

Ext. 227

**Natasha Musgrave, Aquatic Coordinator**

Ext. 220



# AQUATICS



## BECOME A LIFEGUARD



**APPLY  
TODAY!**

MARSHALLTOWN YMCA-YWCA  
108 Washington Street.  
Marshalltown, Iowa 50158

# WHY BE A LIFEGUARD?

## YEAR-ROUND EMPLOYMENT

The Marshalltown YMCA-YWCA offers lifeguarding staff to work year-round. It is a great way to make an impact, help others, and serve your community.

## FLEXIBLE SCHEDULE

We understand that everyone has busy lives and each week may look very different. We offer flexible scheduling that allows you to work during the week while also allowing you to still enjoy your extracurricular activities, hobbies, and/or sports.

## LEARN LIFE SKILLS

Working with us is a great way to learn an assortment of different skills that can be utilized for future career paths as well as day to day life. It's an amazing opportunity to learn lifesaving skills, effective communication, and learn how to be a successful leader.

## PREPARE FOR FUTURE CAREERS

Working as a lifeguard is a stepping stone towards preparing for future careers. Besides offering the opportunity for growth within the Aquatics Department or in other departments. This job is perfect for those wanting to build their leadership competencies.

## STAYING IN SHAPE

Not many jobs pay you to stay in shape or be physically fit, but this is definitely one of them. Lifeguards need to stay in shape in order to help ensure the safety of the people they're watching. This job is great motivation to stay fit.

## MAKE LIFE LONG FRIENDS

Lifeguarding is a very fun and rewarding jobs that introduces you to a number of different people. The amazing people you guard and those that you work with can go on to be some of the most important people in your life. These bonds can last a lifetime and are one of the best parts of this job!

## SAVING LIVES AND SERVING THE COMMUNITY

Lifeguarding provides a unique opportunity in that it directly allows you to serve your community. You make your community safer by doing your job and ensuring the safety of pool patrons and their families. Aside from watching the waters, you can also teach the members of our community about water safety.

## Can't Swim?

If you aren't built for water, that's okay! While the Marshalltown YMCA-YWCA is always looking for lifeguards to watch its waters, it is always looking to hire other staff as well. It takes more than just lifeguards to operate the Y.

# READY TO BE A LIFEGUARD?

## LIFEGUARD COURSE DESCRIPTION:

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

## REQUIREMENTS:

Minimum age: 15 years old by last day of class; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds.

100% Attendance as well as pass written and skills test to receive certification.

Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding, CPR for the Professional Rescuer, AED, and First Aid

This course does have an online portion that needs to be completed before the first in-person class session. Without online completion, you will not be admitted to the in-person class sessions.

## REGISTRATION:

Available at the service desk/online.

All inclusive cost is \$165

**The Y will pay for cost of certification to anyone hired at the Marshalltown YMCA-YWCA.**

Please contact Shelley Lechnir, Aquatic Director, for more information of when classes will be held and for job opportunities.

