

# Dear Lifeguard Candidate:

Thank you for considering the YMCA as the place for your lifeguard training. Here are some tips that will make you successful in this class:

- **Stay Well!!**

There are a lot of people who become sick this time of year. You will be swimming every day and be staying in class late in the evening. Take the necessary steps to remain well: exercise; get plenty of sleep; eat well; and take your Flinstone Vitamins if necessary

- **Swim**

During this class, you will be swimming every day. Take the initiative to spend some extra time in the pool if you are not a strong swimmer. The instructors will offer some fun, challenging exercises in the pool that will make you a stronger swimmer—don't give up and cheat yourself out of the best training.

- **Come Prepared**

Bring these items to every class: Lifeguarding Manual; something to take notes on; CPR Face-mask; dry change of clothes and towel; and goggles.

Do the homework that your instructor gives you. They have created it to make you successful in this training. Every student who has completed the homework in the past has successfully passed the written exam.

As Professional Rescuers, you are held to a high standard. Some would think that teenagers are not able to meet this standard. I feel that anyone puts their mind to a task can meet that standard. If you have any questions regarding this training, please talk to your Lifeguard Instructor or the YMCA Aquatic Department at 963.3605 or [rhawks@ymcagreenville.org](mailto:rhawks@ymcagreenville.org).



YMCA of Greenville  
Golden Strip Family Branch