

Would you like to become a Lifeguard??

**The Wyckoff Family YMCA will be offering a
lifeguard training course in April and May.**

Before you register, you must pass the pre-test.

**The lifeguard pre-test will be conducted on
Monday, April 5th @4:00pm
Thursday, April 8th @ 6:00pm
& Saturday April 10th @ 10am**

**The pre-test will take approximately 1 hour and is
as follows:**

300 yard swim (freestyle and breaststroke)

**Retrieve a 10lb weight from the deep and swim 25
yards back with it on your chest using only a kick**

There is a \$5.00 fee for the pre-test.

**Any questions
Please contact the Aquatics department
(201) 891-2081 x118**