



# THE

Make a Splash  
*and a Difference*

# PLACE

No Place Like *This Place*™

## RETIRED, NOT TIRED LIFEGUARDING WORKSHOP

If you enjoy swimming and staying active, this is a wonderful opportunity to gently challenge yourself in a supportive setting.

**This is not a formal tryout. There is no pass or fail.**

**It is simply a chance to explore and see what is possible!**

### During this Guided Trial You Will...

#### Swim 150 meters continuously (6 laps)

using freestyle or breast stroke, demonstrating breath control and rhythmic breathing

#### Treading water for 2 minutes

using only the legs, followed by an immediate 50-meter swim (2 laps)

#### Retrieve a 10lb object from a depth of 7ft

then swim on your back, using only the legs, with the object to the starting point within 1 min and 40 secs.

**Members and non-members are welcome!**

**Ever Wonder if  
you could be a  
lifeguard?**

Join us for a FREE  
friendly lifeguard trial.

**ACTIVE ADULTS  
AGE 50+**

**Sunday, March 15  
1:00 PM – 1:45 PM**

**Sunday, March 29  
1:00 PM – 1:45 PM**

**GETTYSBURG YMCA**

**Our lifeguards – including fellow active adults – will  
demonstrate each skill and guide you every step of the way!**