



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+**

**Friday, April 10
11:00 AM – 11:45 AM**

**Sunday, April 12
1:00 PM – 1:45 PM**

NORTH HANOVER YMCA

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