

# CHALLENGE ACCEPTED

## 1. PREP

Find out if you meet the age, vision, and physical requirements, and brush up on your swimming skills at an upcoming clinic.

## 2. TEST

Sign up for a qualifying test, which includes a sprint swim and a vision exam.

## 3. TRAIN

Once you've passed the test, you'll begin a 16-session course to learn CPR and lifesaving techniques, and get the training you need to complete the final long distance swim.

## 4. GUARD

After successfully completing training, you may be hired for a full-time position at a beach or pool. Put your skills into action and keep New Yorkers safe this summer!

Being a New York City lifeguard takes guts, dedication, and drive. NYC Parks' intensive training program helps prepare potential guards to keep close watch over beaches and pools.

Do you have what it takes to join them this summer?



NYC Parks

START YOUR  
JOURNEY

Visit [nyc.gov/parks/lifeguards](http://nyc.gov/parks/lifeguards).

