

# CHALLENGE ACCEPTED



**NYC**

NYC Parks



Being a New York City lifeguard takes guts, dedication, and drive. Our lifeguard recruitment team is here to guide you through your hiring journey.



Get started at  
[nyc.gov/parks/lifeguards](https://nyc.gov/parks/lifeguards)

## 1. PREP

Find out if you meet the age, vision, and physical requirements, and brush up on your swimming skills at an upcoming clinic. Reach out to the lifeguard recruitment team with questions at [lifeguard@parks.nyc.gov](mailto:lifeguard@parks.nyc.gov) or 212-360-8123.

## 2. TEST

Sign up for a qualifying exam which includes a sprint swim and a vision test (eye doctors' notes are preferred).

## 3. TRAIN

Once you've passed the exam, 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 earning **\$22/hour, plus a \$1,000 bonus in August**. Put your skills into action and keep New Yorkers safe this summer!