



SIGN UP NOW FOR A GREAT SUMMER JOB!
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MAKE A SPLASH!

BECOME A NYC PARKS & RECREATION

LIFEGUARD!



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EVERY SUMMER, dedicated lifeguards help to protect the millions of New Yorkers—residents and tourists alike—who visit New York City’s 7 beaches and 54 outdoor pools. You too can become part of this New York City tradition of public service and safety.

Lifeguarding gives people the opportunity to work in a rewarding and challenging environment. You work through the busy summer months to oversee skilled swimmers as well as those who are swimming for the first time. It requires split-second decision making that could mean the difference between life and death and helps develop valuable skills—a strong work ethic, teamwork, leadership and communication—that will last a lifetime, in any profession.

BECOMING A LIFEGUARD:

THE BASICS

- Our beaches are open from Memorial Day Weekend through Labor Day, and the pools are open from late June through Labor Day.
- Lifeguards work 48 hours each week and first-year lifeguards earn at least \$13.57 an hour, for a weekly salary of about \$650.

IN ORDER TO QUALIFY FOR THE TRAINING YOU MUST:

- Be able to swim 50 yards in 35 seconds with proper form
- Have a minimum of 20/30 vision in one eye and 20/40 in the other without corrective lenses
- Be at least 16 years old when the position begins

TRAINING

FREE INSTRUCTION & CONDITIONING

Once you meet the basic requirements, the Lifeguard School will provide you with a training schedule. Before you begin training, you will need to provide a certificate of good health on doctor’s stationery. You must successfully complete 40 hours of training, CPR and First Aid courses and pass written, swimming and skills tests to become certified as a New York City lifeguard. After completing the course and passing the final exam and background check, lifeguards will be paid for time spent in training once they begin working as a lifeguard.

Conditioning classes will also be available for individuals who need some help strengthening their swimming skills. Candidates will be issued a pass that will allow them to practice at any of the City’s indoor pools.

Training is conducted at a number of locations citywide, including the Municipal Lifeguard Training School, located at 533 West 59th Street in Manhattan.

NYC Parks & Recreation is an equal opportunity employer.

IF YOU ARE INTERESTED in becoming a New York City Lifeguard, check our website, **WWW.NYC.GOV/PARKS**, and come to one of our training locations to be tested. All you need is a bathing suit, a towel, a combination or padlock and photo ID. Goggles are optional.

