

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 \$12.55 an hour.

All candidates are tested at the Lifeguard School to ensure that they meet our high standards.

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

NYC Parks & Recreation
is an equal opportunity employer

TRAINING

FREE INSTRUCTION & CONDITIONING

Once you fulfill the 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 and a CPR course to become certified as a New York City 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.

If you are interested in becoming a New York City Lifeguard, come to one of our training locations to be tested. All you need is a bathing suit, a towel, and photo ID. A combination or padlock is recommended and goggles are optional. Some pools require bathing caps.

Training is conducted at pools in all five boroughs including the Municipal Lifeguard Training School, located at 533 West 59th Street in Manhattan.



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LIFEGUARDS WANTED!
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Parks & Recreation
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Parks & Recreation
Michael R. Bloomberg, Mayor
Adrian Benepe, Commissioner

New York City Parks & Recreation
LIFEGUARDS
WANTED!



NYC LIFEGUARDS : A LONG TRADITION OF SERVICE

LIFEGUARDING:

THE CHALLENGES AND REWARDS

With over 10 million beach and pool visitors a year, Parks assigns over 1,000 lifeguards to safeguard the public at New York City's beaches and pools. Lifeguarding is not an easy task; it requires you to make split-second decisions that could mean the difference between life and death. You work through the hot summer months to oversee skilled swimmers as well as those who are swimming for the first time. Although the job is challenging, it is also extremely rewarding. In addition to learning basic lifesaving skills, as a lifeguard you will learn how to work as part of a team in a variety of high pressure situations. You also have a chance to interact with the public and develop effective communication skills. Seasoned lifeguards who have completed many rewarding tours work with you to develop a strong work ethic and a sense of responsibility. These lifetime skills are invaluable and transferable to any profession you may seek in the future. Our lifeguards return year after year because of the skills they develop, the contacts they make, the chances for upward mobility, and most importantly, because of the gratification they feel saving lives.

Parks' beaches and pools pre-date the consolidation of the five boroughs of New York City. In 1895, Dyker Beach, Bensonhurst Beach, and Canarsie Beach Parks became some of the first seaside city parks, created for the City of Brooklyn as an escape from the sweltering summer heat. Several decades later, in the 1930's, the City saw an enormous expansion of the beaches under the direction of Robert Moses. During his third year as Parks Commissioner in 1936, Moses opened Orchard Beach in the Bronx, as well as 11 outdoor pools with an average capacity of 5,000 people. In 1938, Coney Island in Brooklyn, South Beach on Staten Island, and Rockaway Beach in Queens were acquired by the Parks Department from the Borough Presidents' offices through a city charter revision.

Those who safeguarded these beaches and pools have become a part of Parks history. A press release dating from 1943 documents the first large-scale attempt to recruit lifeguards through a Municipal Lifeguard Training Course. The course, designed to cope with the shortage of guards, promised an opportunity for young men to



Call 311 to join!
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Rockaway Beach Lifeguards, Queens, 1946
Thompson, New York City Parks Photo Archive

"secure profitable, pleasant summer positions, but also to perform an important civic duty." In 1969, height and weight requirements were lifted and Parks hired its first female lifeguards.

You too can become part of this tradition. Summer after summer, dedicated lifeguards have helped to protect New Yorkers at our 7 beaches and 54 outdoor pools. Read on to learn more about how you can join the lifeguard program and leave your mark on Parks history.