



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

**As Summer Approaches, the NSYMCA Teams Up
with the Red Cross to Certify more than 100 Community Lifeguards**

Northbrook, IL: April 2022 – With summer fast approaching, spring is traditionally a busy time for swim lessons and lifeguard classes. To prepare for the busy 2022 swim season, the [North Suburban YMCA](#) is training and certifying new lifeguards. Taught by Red Cross Lifeguard Instructors, the certification classes, held at the Y's indoor pool located at 2705 Techny Road in Northbrook, includes 20 hours of classroom and in-water skills instruction. In the last five years the Y has become one of the leading training sites for lifeguards in the North Shore area.

Minimum requirements for those seeking to become pool guards include being able to swim 300 consecutive yards, tread water for two minutes hands-free, and complete a successful underwater brick retrieval exercise. In addition to training new lifeguards, the Red Cross course is available to anyone with a lapsed lifeguard certification who wants to become re-certified.

Through its swim lessons and water safety classes, the NSYMCA has been highly focused on drowning prevention. "The NSYMCA took on the lifeguard certifications to help our community stay safe around water," said Missy Contri, NSYMCA Aquatics Director. "The best lifeguards don't have that many saves, because they're busy preventing them. Prevention is key." Adding that, "Drowning is the second leading cause of death in children ages 1-14 years old. No child should ever be left unsupervised near any water."

The Y's indoor pool is home to its comprehensive aquatics program, with swim instruction, fitness classes, and lap swimming. The Y's highly trained swim teachers provide personalized instruction in private and group settings for individuals of all ages and ability levels. Along with many program offerings for individuals with cognitive or physical disabilities, the Y has an aquatics Special Services Swim Program for individuals ages three to adult, and a Special Olympics swim team. For more information about the North Suburban YMCA aquatics program, visit nsymca.org or call 847-272-7250.

About the [North Suburban YMCA](#)

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](https://www.nsymca.org).



Caption: Taught by Red Cross Lifeguard Instructors, the North Suburban YMCA is certifying over 100 lifeguards for the 2022 summer swim season.