



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

**The NSYMCA Certifies more than 109 Community Lifeguards and Instructors
First year, NSYMCA serve as Instructors for the course**

Northbrook, IL: June 2024 – With summer here, it is a busy time for camp and swim lessons, so lifeguard classes are vital to our community. To prepare for the busy 2024 swim season, the North Suburban YMCA held classes to train and certify new lifeguards and new lifeguard instructors this past spring.

In partnership with the Red Cross, the NSYMCA Lifeguard Instructors taught the certification classes, held at the Y's indoor pool located at 2705 Techny Road in Northbrook, and included 20 hours of classroom and in-water skills instruction.

Over 100 students took the class with 71 lifeguards and 38 Lifeguard Instructors getting certified. This is the first year that the NSYMCA held classes to certify Lifeguard Instructors. The Lifeguard Instructor classes is a new offering at the NSYMCA, and the Y has 3 Lifeguard Instructor Trainers on staff.

“We have become the training site for the north shore area and candidates are traveling from surrounding states like Wisconsin, Indiana and Kentucky to participate in our Instructor courses,” said Missy Contri, Aquatics Director & Swim Team at the NSYMCA. “Every Lifeguard Instructor we certify holds the power to train lifeguards who may ultimately save lives down the line. It's a ripple effect that has the potential to make a significant impact on drowning rates,” continued Contri. “Drowning is the second leading cause of death in children under the age of 14 years old so our classes are so important to our community and no child should ever be left unsupervised near any water,” added Contri.

In the last ten 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 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 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 or email mcontri@nsymca.org.

About the The North Suburban

YMCA services Northbrook and 15 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.



Caption: In partnership with the Red Cross, The North Suburban YMCA Lifeguard Instructors certify over 109 lifeguards and lifeguard instructors for the 2024 summer swim season.



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