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**NORTH SUBURBAN  
YMCA**

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**FOR IMMEDIATE RELEASE**

**NSYMCA Certifies More Than 135 Lifeguards and Lifeguard Instructors**

Training the next generation of water safety professionals across the North Shore and beyond

**Northbrook, IL – June 2026** – As summer activities ramp up, the North Suburban YMCA (NSYMCA) continues to play a vital role in preparing qualified lifeguards and instructors to help keep local communities safe around the water. As part of its longstanding commitment to serving the community, the NSYMCA invests in training programs that equip individuals with the skills and confidence needed to promote safety, prevent drowning, and save lives.

This spring, the NSYMCA partnered with the American Red Cross to offer Lifeguard and Lifeguard Instructor certification courses at its indoor pool in Northbrook. The program included 24 hours of classroom and in-water skills training.

The NSYMCA's Lifeguard Program had an outstanding year, with more than 135 students completing certification courses, including 90 newly certified lifeguards and 45 newly certified Lifeguard Instructors. Many of these lifeguards will spend the summer protecting swimmers at community pools, day camps, and overnight camps across multiple states. Newly certified Lifeguard Instructors will go on to train future lifeguards, lead in-service training courses, and teach certification courses at community pools and high schools.

*“We have become a leading lifeguard training site for the North Shore, with instructor candidates traveling from Wisconsin, Michigan, Indiana, and beyond to attend our Lifeguard Instructor courses,” said Missy Contri, Aquatics Director at the NSYMCA. “Every Lifeguard Instructor we certify has the opportunity to train future lifeguards who may one day save a life, creating a ripple effect that extends far beyond the walls of our program.”*

Drowning remains one of the leading causes of accidental death among children, making water safety and lifeguard training more important than ever. Each spring, the NSYMCA partners with local aquatic facilities and community organizations to strengthen community safety. This year, the NSYMCA helped a local organization transition to the American Red Cross Lifeguarding program by training its managers as Lifeguard Instructors, enabling them to certify and train their own staff for the summer season.

The NSYMCA has become one of the leading training sites for lifeguards and Lifeguard Instructors on the North Shore. Minimum requirements for those seeking lifeguard certification include the ability to swim 200 consecutive yards, tread hands-free water for two minutes, and successfully complete an underwater brick retrieval exercise. In addition to training new lifeguards, the course is available to individuals with expired certifications who need recertification.

Through its swim lessons, inclusive programs for individuals with special needs, water safety classes, and 2 Seconds 2 Long drowning prevention initiative, the NSYMCA remains deeply committed to promoting water safety and preventing drowning incidents.

For more information about the NSYMCA's aquatics programs, contact Missy Contri, Aquatics Director, at 847-272-7250 or visit [NSYMCA.org](http://NSYMCA.org).

### **About the North Suburban YMCA Aquatics Program**

The Y's indoor pool is home to a comprehensive aquatics program that includes swim lessons, fitness classes, swim teams, open & family swim, and lap swimming. Highly trained instructors provide personalized instruction in both private and group settings for individuals of all ages and skill levels. In addition to a variety of programs for individuals with cognitive or physical disabilities, the Y offers a Special Services Swim Program for participants ages 3 through adulthood, as well as a Special Olympics swim team.

### **About the North Suburban YMCA**

The North Suburban YMCA serves Northbrook and 15 surrounding communities with programs and resources that help people become healthier, more connected, and more confident. Guided by its mission to ensure 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. The NSYMCA is a charitable organization that is inclusive and welcoming to all members of the community. Learn more at [NSYMCA.org](http://NSYMCA.org).



In partnership with the Red Cross, The North Suburban YMCA Lifeguard Instructors certify over 90 newly certified lifeguards and 45 newly certified Lifeguard Instructors for the 2026 summer swim season.



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