



# PRESS RELEASE

**FOR IMMEDIATE RELEASE**

DATE: February 7, 2024

## **SARATOGA COUNTY ANNOUNCES LIFEGUARD TRAINING SPONSORSHIPS AVAILABLE FOR YOUTH AGES 15 TO 17**

Saratoga County Department of Aging and Youth Services has sponsorships available for residents ages 15 to 17 years old who would like to become lifeguards. The sponsorships will provide eligible residents with the opportunity to take the American Red Cross Lifeguard Training this spring.

Applications are due March 1, 2024 and are available on the Saratoga County website at [www.saratogacountyny.gov/youth](http://www.saratogacountyny.gov/youth).

Those interested must participate in a pre-requisite swim at the Saratoga Springs YMCA (290 West Avenue, Saratoga Springs) on March 9, 2024 at noon. This requirement will take approximately two hours. Participants will take part in swimming 300 to 500 yards continuously (depending on pool or waterfront certification), treading water hands-free, and retrieving a weight, both under time limits. Participants will be eligible to apply for sponsorship upon completion of these components.

Classes for the water skills portion of the Lifeguard Training will take place April 1<sup>st</sup> through 3<sup>rd</sup> from 9AM to 5PM. Additional classes will be announced for May and June.

Students will be certified in American Red Cross CPR, First Aid, AED and Water Rescue Skills. These classes will provide pool certification. Waterfront certification is available upon request and requires additional skills.

The program is provided through funding from the New York State Office of Children and Family Services.

For more information, please contact the Saratoga County Office of Aging and Youth Services at 518-884-4101 or visit [www.saratogacountyny.gov/DAYS](http://www.saratogacountyny.gov/DAYS).

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