Earn your whistle!
Become an NYC lifeguard.

Help keep New York City's beaches and pools safe and develop skills that will last a lifetime. As a lifeguard, you'll have the chance to:

- Develop job skills
- Become part of a team
- Earn NYC Lifeguard certification and learn CPR, first-aid, and rescue techniques
- Practice your swimming

Lifeguards work five to six days each week, and first-year lifeguards earn a minimum of $16 an hour, for a weekly salary of about $800.

Sign up today at nyc.gov/parks/lifeguards.

HOW TO JOIN

All potential lifeguards must pass the Lifeguard Qualifying Test, a series of vision and swim exams. To qualify, you must:

- Be at least 16 years of age by the start of employment.
- Have at least 20/30 vision in one eye and 20/40 in the other - without corrective lenses. Glasses and contact lenses may not be worn during the eye exam.
- Be able to swim 50 yards in 35 seconds or less, with proper form.

Individuals must be vaccinated to take the qualifying test.

NYC Parks