



Town of Barnstable  
**BARNSTABLE RECREATION**

**JOHN GLEASON**  
Recreation Director

141 Bassett Lane, Hyannis, MA 02601  
T: 508-790-6345 | F: 508-790-6279 | E: John.Gleason@town.barnstable.ma.us



Dear Water Safety Staff Applicant,

Happy 2025!!! I hope you will consider coming back this summer for the 2025 Aquatic season. On Saturday, **April 26<sup>th</sup>, May 10<sup>th</sup>, and May 31<sup>st</sup>** the Town of Barnstable Recreation Division will conduct tryouts for prospective 2025 Water Safety Staff. **There is an important change to tryouts this year. Due to the YMCA's very busy spring schedule we will be in the pool in the MORNING this year.** The pool portion of the tryout will be **9:00-10:30 AM** and then we then will be at HYCC at 12:30 PM for the written test, CPR, 1<sup>st</sup> Aid, and Interviews (If needed).

You must complete the test on one of these dates with an 80% or better **in each area** to be considered for any Lifeguard, Lifeguard/Swim Instructor, and Head Lifeguard, Head Swim Instructor and/or Sailing Instructor position.

Qualifications required for these positions are Lifeguard Training (including First Aid) for Waterfront, CPR for the Professional Rescuer, Red Cross Certification and Water Safety Instructor Certification (preferred for hire).

All Water Safety Staff must be 17 years of age or older (16 years of age with one season as a Lifeguard Aide and approved prior to this season), with the exception of the Lifeguard Aide Position, which requires all the same certifications but you are eligible at 15 years of age. All positions will be filled post May 31<sup>st</sup> tryout according to tryout scores. If we still have openings and you did not attend the two tryouts, we will contact you as long as your application is on file.

Application for hire will be accepted beginning **February 1st**:

<https://www.townofbarnstable.us/Departments/HumanResources/Employment-Opportunities.asp>

To sign up for tryouts, please visit: [Lifeguard Tryouts 2025](#)

**Hyannis Youth and Community Center (141 Bassett Lane, Hyannis)**

Interview = 20%

CPR Demonstration = 10%

First Aid Demonstration = 10%

Written Test = 10%

**YMCA Cape Cod (2245 Iyannough Rd., West Barnstable)**

500 yd. Swim under 10 minutes = 15%

(200 yards must be Front Crawl w/rhythmic breathing)

Mock Rescue = 10%

25 yard sprint under 17 seconds = 5%

2 minute Tread with arms under pits = 5%

Spinal Management (deep & shallow water) = 10%

50 yard swim with brick retrieval = 5%

**Page 1 of 2**

If you finish the 500 yard swim in less than **12 minutes** but not under 10 minutes as required, you can then try a 1-mile run. The 1-mile run must be completed in less than 8 minutes and this will be set up at a different time. This will also have a bearing on job placement. It is your responsibility to complete the entire tryout.

We will take the best applicants for each position.

Anyone who tries out and is unhappy with a score in areas (except: interviews or written test) may return to the second tryout to try to improve their score.

We look forward to seeing you at tryouts.

Sincerely,  
George Noonan  
Assistant Recreation Director  
508-790-6345 x127  
George.Noonan@town.barnstable.ma.us

