

WHERE?

Pools

Bear Mountain State Park

(845) 786-2701 ext. 242

High Tor State Park

(845) 634-8074

Rockland Lake State Park

(845) 268-3020

Beaches

Minnewaska State

Park Preserve

(845) 255-0752

Lake Tiorati State Park

(845) 429-8257

Lake Welch State Park

(845) 947-2444



Lifeguards Needed!!

Information

The Palisades Region of NYS Parks hires 91 lifeguards per summer in either full or part time positions in 6 of the region's parks. Our parks are located in Orange, Rockland and Ulster Counties. Opportunities for promotions to supervising positions and specialized trainings are available. **The starting rate for lifeguards is \$18.15 per hour!**

Qualifications

Candidates must:

- be 16 years of age,
- have at least 20/70 uncorrected vision in each eye and be corrected to 20/40 or better.
- hold current certifications in:
 - *Lifeguarding and First Aid,
 - *CPR/AED for the Professional Rescuer,
 - *Waterfront module (can obtain later)

They must also

- successfully complete the NYS Parks qualifying process.
- Have an interview with a park
- and pass a medical exam.

For more information please contact
Erin Martin at
Phone: 845-786-2701 ext. 270
email: erin.martin@parks.ny.gov

Or visit
parks.ny.gov



So You Want To Be a NYS Lifeguard?

New York State
Office of Parks, Recreation
and Historic Preservation



Palisades Region

\$18.15 PER HOUR

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POOLS

Bear Mountain State Park

Bear Mountain State Park is located on the hills overlooking the Hudson River. Opened in the 1920's, the pool was originally fed by mountain streams. Carved into the hillsides, the park has a pool that includes a lap lane and diving boards.

High Tor State Park

High Tor State Park is located in New City, NY. A favorite among locals, this quaint park has a pool with a lap lane and diving boards and a children's wading pool.

Rockland Lake State Park

Rockland Lake State Park is located in the heart of Rockland County. The park surrounds a scenic lake and has a newly renovated swim facility with a large pool, diving boards, a spray ground and slides.

LG Qualification Procedure

Section 1: A practical test of lifesaving skills

- 1) 200 Yard Swim in under 4:00
- 2) Underwater Swim/Brick Recovery
- 3) 50 Yard Swim in under :45
- 4) Rear carry with Rescue Tube

Section 2: CPR

- 1) One person adult CPR at the Professional Level for a suspected drowning victim.

- *This does not replace lifeguarding certifications.
- *You must pass the process to be eligible for hire.
- *There is no fee for the qualifying event .



For a list of qualifying dates

visit parks.ny.gov

or

contact Erin Martin at
Phone: 845-786-2701 ext. 270
Email: Erin.Martin@parks.ny.gov



BEACHES

Minnewaska State Park Preserve

Minnewaska State Park is located in the Shawangunk Mountain Ridge in Ulster County. The park has miles and miles of hiking trails around two lakes, both of which have small rocky beaches.

Lake Tiorati Beach

Nestled in Harriman State Park, Tiorati Beach consists of 75 yards of beachfront on Lake Tiorati. The Beach, which is located on Seven Lakes Drive, also offers a lap lane at the deepest edge of the swim area.

Lake Welch Beach

Located in the wooded hills of the Ramapo Mountains, Lake Welch Beach lies within Harriman State Park. The beach is the largest in the region stretching one half mile along the lake. There is also a small beach at the far end reserved for Beaver Pond Campgrounds which is guarded by Lake Welch Beach guards.