



BUILD YOUR RESUME AT THE YMCA

Top 10 Skills Camp Counselors and Lifeguards Learn at the Y

1. Leadership
2. Team Work and Collaboration
3. Problem-solving and Creativity
4. Communications and Public Speaking
5. Time Management
6. Responsibility and Accountability
7. Organization and Planning
8. Emergency Preparedness
9. Negotiations
10. Teaching and Mentoring



Working at the YMCA allows young people to build critical skills that translate to the “real world” as you prepare for college or your career.

Counselors and lifeguards at the Y learn and demonstrate a wide range of skills that employers value in the workplace.



“My connections to the YMCA have led to many professional and service opportunities, including a career as a doctor at a large children’s hospital, medical service trips to Haiti and volunteering as a physician at resident camp. I have spoken about the skills I learned as a camp counselor during all of my interviews from medical school to Critical Care Fellowship and have received feedback from interviewers that my experience as a counselor have helped both my application and interviews stand-out.”

—Dr. Lexi Crawford, M.D.

Pediatric Critical Care Specialist, Children’s National Hospital
Former YMCA camp counselor

“My early Y career taught me to think on my feet. I learned to problem-solve quickly and creatively and to manage chaos in a way that is genuine and professional. In my current role, it’s important to remain cool under pressure and provide expertise on any number of potential topics. Having the confidence to think on my feet and quickly troubleshoot issues - even if I don’t immediately know the correct answer - is a skill I’m very grateful to have.”

—Max Gongaware

Premium Customer Service Manager, Bandwidth, Inc.
Former YMCA camp counselor



“When I think about my early days at the Y as a lifeguard, I think about the 4Cs: **critical thinking, creativity, collaboration & communication**. Those skills were so important when teaching or lifeguarding, and certainly communication and working with others.”

—Lesley Watts

Executive Director, Bryan Family YMCA
Former YMCA lifeguard



Work at the Y and see where your skills take you!