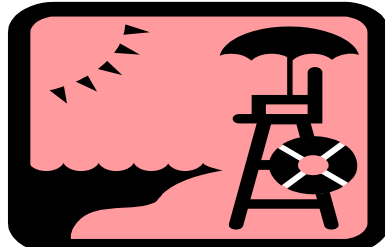




# American Red Cross Lifeguard Training Class

Starts on Sunday, March 7-April 25, 2010

@ The Albany Jewish Community Center  
340 Whitehall Rd. Albany, NY 12208



**Member Cost: \$350 Non-Member Cost: \$400**  
**(Includes LG Book & Rescue Mask)**  
**(Non-Refundable)**

**Course requirement:** Be 15 years of age by the last day of the course. Swim 550 yards continuous (demonstrating 200 yards of front crawl and 200 of breast-stroke). Surface dive, retrieve a 10 pound brick, surface and swim 20 yards while carrying the brick in both hands. Swim underwater while retrieving objects placed 5 yards apart.

**Day and Times: Sunday's 4pm-8pm**

**Class starts on Sunday, March 7<sup>th</sup> @ 6pm**

**(Water test will be given on the first day of class)**

**Questions please contact Coach Rossi @ 438-6651 ext.**

**122 or [RossiM@sajcc.org](mailto:RossiM@sajcc.org)**

