



LIFEGUARDING TODAY



LIFEGUARD CERTIFICATION

HAVE YOU ALWAYS WANTED TO BECOME A LIFEGUARD??

Please register at the FRONT DESK. For more information please call: (518) 438-6651 Ext.122.

Day and Times: Saturday & Sunday's 4pm-8pm (15 yrs + Up)

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.

**Member Cost: \$325 Non-Member Cost: \$400 (Includes LG Book & Rescue Mask)
(Non-Refundable)**

**Class starts on Saturday, January 14 @ 4pm
(Water test will be given on the first day of class)**

For more information please contact Coach Rossi @ 438-6651 ext. 122 or RossiM@saajcc.org