



American
Red Cross



Become a Lifeguard
Register Now

Waterfront/Lifeguard Class Starts on Saturday, April 10 - April 25

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

**\$400/\$325 JCC Members
(Includes Rescue Mask)
(Course 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: Saturdays 1-5pm & Sundays 1pm-5pm

Class starts on Saturday, March 13 @ 1pm

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

Questions please contact Coach Rossi @ 438-6651 ext. 122

or RossiM@albanyjcc.org



Sidney Albert
Albany JCC