Waterfront/Lifeguard Class
Starts on Saturday, May 7 - May 22

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

$400/$325 JCC Members
(Includes Rescue Mask)
(Course Non-Refundable)
Lifeguard & CPR re-certification course $150

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, May 7 @ 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