



American
Red Cross



Become a Lifeguard
Register Now

Waterfront/Lifeguard Class

Starts on Saturday, March 30 - April 21, 2019

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

JCC Members \$325 / \$400 Non-Members
(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: Sat. 3pm-7pm & Sun.12-4pm

Class starts on Saturday, March 30 @ 3pm

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

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

or RossiM@albanyjcc.org



Sidney Albert
Albany JCC