



American  
Red Cross



Become a Lifeguard  
Register Now

## Waterfront/Lifeguard Class Starts on Saturday, March 21 - April 19

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 3-7pm & Sundays 12pm-4pm**

**Class starts on Saturday, March 21 @ 3pm**

(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](mailto:RossiM@albanyjcc.org)



Sidney Albert  
Albany JCC