

LIFEGUARDING CLASSES

TRAIN NOW TO LIFEGUARD AND BE PREPARED FOR LIFE!

YORKTOWN PARKS & RECREATION PROVIDES TRAINING CLASSES FOR LIFEGUARDING. LIFEGUARDING OFFERS GREAT PAY FOR SEASONAL EMPLOYMENT AND HELPS PROVIDE SAFETY TRAINING AND AWARENESS SKILLS THAT CAN BE USED FOR LIFE.

COURSE DESCRIPTION:

Pass the entrance test the first day consisting of a continuous 550 yard swim, a 20 yard swim with a surface dive to retrieve a 10 pound brick, resurfacing with the brick, swim 20 yards on back using legs only and exit the pool in 100 seconds, and a 15 yard underwater swim.

About the program: This American Red Cross course consists of all the necessary requirements to be a certified lifeguard in New York State. **The following certifications will be issued: Waterfront Lifeguarding (which includes First Aid and CPR for the Professional Rescuer with AED).**



Dates for Session:

April 23, 28, 29, 30 May 5, 6, 7, 12, 13, 14, 15, 19, 20, 21

Time: 6:00 pm - 9:30 pm

Location: Lakeland Copper Beech MS

\$385.00 plus \$35.00 payable to instructor first night

Dates for Session:

July 7-July 24 Mon-Thurs. and Sat. July 12 & 19

Time: 6:00 pm - 8:30 pm

9:00 am - 3:00 pm (Sat.)

Location: Brian J. Slavin Aquatics Facility

\$385.00 plus \$35.00 payable to instructor first night

NEED TO RECERTIFY AS A LIFEGUARD? NO PROBLEM!

Dates for Session:

June 2, 3, 4, 5

Time: 5:00 pm - 9:00 pm

Location: Lakeland Copper Beech MS

\$200.00 plus \$35.00 payable to instructor first night

Registration Information:

Yorktown Parks & Recreation Department

176 Granite Springs Road

Yorktown Heights, NY 10598

(914) 245-4650

Office Hours: M-F 8:30 am - 4:30 pm

