

Show the World What You're Made of — Be a Lifeguard



WANTED:

Lifeguards

Register today for American Red Cross Lifeguard Training at an aquatics facility near you. Learn lifesaving skills to help keep people safe in, on and around the water.

Course length: approx. 30 – 37 hours

Dates: April 18th, April 25th, May 2nd, May 9th

Time: 9:00am-6:00pm

Location: New Windsor YWCA

Pre-Requisites:

-Minimum age of 15;

-MUST be able to pass pre-requisite test: Swim 300 yards continuously—100 yards front crawl using rhythmic breathing; 100 yards breaststroke using pull breathe, kick, glide; 100 yards front crawl, breaststroke or combination; start in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-lb object, return to the surface, swim 20 yards back to starting point

Here's your chance to build your résumé and show the world what you can do:

- Prepare for college and a career by developing leadership and communication skills
- Be a hero by learning lifesaving skills such as first aid and CPR
- Have fun and earn money at a job you love

Enroll Today!

**Course is FREE for Military Personnel
and Military Dependents!**

**For more information, contact
Nicole Rolf at (212) 875-2253**

