



**LIFEGUARD TRAINING**  
American Red Cross Certification Program  
Adams Street R- Center, 85 Adams Street  
Call 428-7456



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# Become a LIFEGUARD

## & Earn Great Pay This Summer

### Lifeguard Prep Classes:

December 6 - February 14  
Tues., 8 p.m.

### 2016-2017 Training Classes:

March 7 - May 4  
Tues. & Thurs., 6:30 - 9:30 p.m.  
(No classes 4/18 & 4/20)

May 8 - 13  
Mon. - Fri., 5:30 - 9:30 p.m.  
Saturday, 10 a.m. - 3 p.m.

Registration Fees  
City students ... Free\*  
Non - city students ... \$75  
Adults ... \$125

### Re-certification:

May 16- 18  
Tues. Wed. & Thurs., 6:30 - 9:30 p.m.

May 23 - 25  
Tues., Wed. & Thurs., 6:30 - 9:30 p.m.

Registration Fees  
Student and Adults ... \$75  
Mask and book are required. Both are available to purchase for \$50

\*\$50 for book and mask not included in registration fee.



## Class Registration

Return this filled out registration form to:  
City of Rochester Recreation c/o Adams Street Pool  
400 Dewey Avenue, Rochester, NY 14613

Checks should be made payable to City of Rochester Treasurer.  
Payment is due by the second class of the session.

*Students must pass a swimming test the first night of class. The exam consists of: 300 yd swim, retrieve a brick from 13ft deep and tread water for 3 minutes*

### Choose a Session:

#### 2017 Training Classes

- ☐ March 7 - May 4  
☐ May 8 - 13

#### Re-certification

- ☐ May 16 - 18  
☐ May 23 - 25

Name

Age

Street Address

City

Zip

School

Home Phone

Work/Cell

Email Address

Emergency Contact

Emergency Phone Number

Parent/Guardian Name

Parent/Guardian Signature