



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

# Become a LIFEGUARD

& Earn Great Pay This Summer

**Ages  
15+**

**Lifeguard Course #1**  
8 Week Course

March 5 - May 2, 2019  
Tues. & Thurs., 6:30 - 9:30 p.m.  
(no classes on 4/14 & 4/16 due to school recess)

**Lifeguard Course #2**  
Week Long Accelerated Course  
May 6 - May 11, 2019  
Mon.-Fri., 5:30 - 9:30 p.m.; Sat., 10 a.m. - 3 p.m.

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

**Re-certification Course for Lifeguards**

May 14 - 16  
Tues. Wed. & Thurs., 6:30 - 9:30 p.m.

May 21 - 23  
Tues., Wed. & Thurs., 6:30 - 9:30 p.m.

Registration Fees  
CPR Recertification...\$25  
Lifeguard/CPR...\$75



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## Class Registration

Return this filled out registration form to:  
City of Rochester Bureau of 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:

#### 2019 Lifeguard Course

- ☐ March 5 - May 2  
☐ May 6 - May 11

#### Re-certification

- ☐ May 14 - 16  
☐ May 21 - 23

|                           |                        |
|---------------------------|------------------------|
| Name                      | Age                    |
| Street Address            |                        |
| City                      | Zip                    |
| School                    |                        |
| Home Phone                | Work/Cell              |
| Email Address             |                        |
| Emergency Contact         | Emergency Phone Number |
| Parent/Guardian Name      |                        |
| Parent/Guardian Signature |                        |

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### Choose a Session:

#### 2019 Training Classes

- ☐ March 5 - May 2  
☐ May 6 - May 11

#### Re-certification

- ☐ May 14 - 16  
☐ May 21 - 23

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