



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

Lifeguard Course #1 (8 Week Course)

March 3 - April 30, 2020
Tues. & Thurs., 6:30 - 9:30 p.m.
(no classes on 4/14 & 4/16 due to school recess)

Lifeguard Course #2 (Accelerated Course)

May 4 - May 9, 2020
Mon-Fri., 5:30 - 9:30 p.m.; Sat., 10 a.m. - 3 p.m.
(Swimming Skills for accelerated course need to be an accomplished swimmer)

Registration Fees

City Students... Free*
Non - City Students ... \$75
Adults ... \$125

Re-certification Course for Lifeguards

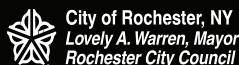
May 12-14, 2020 and May 19-21, 2020
Tues, Wed., & Thurs., 6:30 - 9:30 p.m.

Registration Fees

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

AGES 15+

Register by calling Adams Street Pool at 585-428-7456



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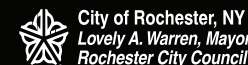
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Class Registration

Return this filled out registration form to:
City of Rochester Bureau of Recreation c/o Adams Street Pool
57 St. Paul Street, Rochester, NY 14604

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:

2020 Lifeguard Course

- ☐ March 3 - April 30, 2020
☐ May 4 - May 9, 2020

Re-certification

- ☐ May 12- 14, 2020
☐ May 19 - 21, 2020

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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