

*It's more than just a job...
It's an experience that can help
Save a life.*



Together, we can save a life

American Red Cross Lifeguard Training Course

An American Red Cross combined course in Lifeguard training, CPR for the Professional Rescuer, Standard First Aid, Waterfront and AED will be offered to qualified candidates at Fort Hamilton HS.

PREREQUISITES

Minimum age of 15; Must be able to: swim 550 yards continuously front crawl using rhythmic breathing and breaststroke using pull breathe, kick, glide. Starting 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 with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds; swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 – 7 feet of water, resurface and swim 5 yards to the side of the pool.

First Meeting and Tryouts February 4th:

Bring towel, swimsuit, swim cap, goggles and lock.

**The Bay Ridge Aquatics
Institute, Inc.
(BRAINS)**

is a Proud Provider of the American Red Cross

Course Schedule

February 4th 11th 18th

Saturdays 10Am to 1PM & 2:30 to 4:30PM

March 4th 11th 18th 25th

Saturdays 10Am to 1PM & 2:30 to 4:30PM

Waterfront session at the beach TBA

Cost: \$ 425 Includes training, texts and all certifications

Please make checks out to BRAINS.

Cancellations:

No refunds. Applicant is responsible for the total fee since acceptance to the program is offered to a limited number of candidates. Since all teaching materials, permit and security fees must be paid for whether classes are attended or not, BRAINS cannot offer make-up classes, credits or refunds for any classes you may miss.

This activity is not sponsored nor endorsed by the New York City Department of Education. The views and opinions expressed by the sponsoring organization or its participants do not necessarily state or reflect those of the New York City Department of Education.

*For further Information: visit the Bay Ridge Aquatics Institute, Inc. at the BRAINS website:
www. BRAINStoSwim.org Telephone (347) 26 SWIM9*