

Are you between the ages of 16 and 20?

Are you a strong swimmer who can:

- Swim 550 yards (breast stroke or front crawl)
- Tread water for 2 minutes using legs only
- Starting in the water, swim 20 yards
- Surface dive to a depth of 7 to 10 feet to retrieve a 10 pound object
- Swim underwater 5 yards, retrieve 3 rings (5 yards apart) in 4 to 7 Ft water
- Exit the water without using a ladder or steps



American
Red Cross

Register **NOW**

FREE Lifeguarding Certification

Class April 14 - April 18, 2025

9:00am-3:30pm

Hudson Falls Middle School Pool

(Pool entrance is on the right, in the back)

To Register Call 518-746-2330



Youth Bureau

<http://www.washingtoncountyny.gov/165/Youth-Bureau>

383 Broadway
Fort Edward, NY
12828

Phone: 518-746-2330
Fax: 518-746-2331

