

*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 breath, 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 8<sup>th</sup> 11Am**

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

### **Course Schedule**

February 8<sup>th</sup> 15<sup>th</sup> Saturdays 11Am to 1PM & 2:30 to 4:30PM  
March 1<sup>st</sup> 8<sup>th</sup> 15<sup>th</sup> 22<sup>nd</sup>  
March 28<sup>th</sup> (Friday 7:00 to 8pm)  
April 5<sup>th</sup> 12<sup>th</sup>  
April **Waterfront session at the beach April TBA**

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

is a Proud Provider of the American Red Cross

**Cost: \$435 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 (347 267 9469)***