

WASHINGTON COUNTY YOUTH BUREAU
WARREN COUNTY YOUTH BUREAU

Are you between the ages of 16 and 20?

Are you a strong swimmer who can:

- Swim 550 yards continuously, 11 full laps in a school pool
- 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
- Return to surface and swim 20 yards on the back to return to the starting point
- Exit the water without using a ladder or steps



American
Red Cross

Register **NOW**

FREE Lifeguarding Certification

Class February 21st – February 24th

9am-3pm

Hudson Falls Middle School Pool

(Pool entrance is on the right in the back)

To Register Call 518-746-2330



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



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