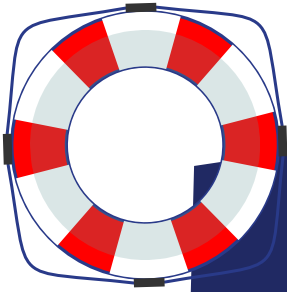


The Town of Islip Parks, Recreation & Cultural Affairs

BAY & POOL JUNIOR LIFEGUARD PROGRAM



**PREPARATION FOR THE AMERICAN
RED CROSS LIFEGUARDING COURSE**

**AGES
10-14 YEARS**
*must have completed
the 5th grade*

SESSION 1

**Byron Lake Pool &
Bay Beaches (for waterfront class)
Monday - Friday, 8:00 am - 9:30 pm
July 7 - July 18
Activity# 110106A**

SESSION 2

**Roberto Clemente Pool &
Bay Beaches (for waterfront class)
Monday - Friday, 3:30 pm - 5:00 pm
July 28 - August 8
Activity# 110106B**

\$200 residents, \$250 non-residents

You are encouraged to check with your health-care professional before participating in this program. To participate in Junior Lifeguarding, the following skills must be demonstrated:

- Swim in front crawl for 25 yards continuously while breathing to the front or side.
- Tread water for one minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using elementary back stroke or back crawl.
- Submerge and swim a distance of 10 feet underwater.

MAIL-IN REGISTRATION: Complete the registration form on the reverse side and mail with payment to: Brookwood Hall Sports Office, 50 Irish Lane, East Islip, NY 11730. We accept Visa/Mastercard or checks made payable to: Town of Islip.

ONLINE REGISTRATION: You must have your online account set up prior to registration. First come, first serve. Registration is limited and ongoing until the program is full. For more information, please contact (631) 224-5404 or email recsports@islipny.gov.

Angie M. Carpenter, Supervisor

TOWN BOARD

**James P. O'Connor • Jorge Guadrón • John M. Lorenzo • Michael McElwee, Jr.
Linda D. Vavricka, Town Clerk • Andy Wittman, Receiver of Taxes
Thomas S. Owens, Commissioner of Parks, Recreation and Cultural Affairs**



****This course will not certify anyone to be a lifeguard***