Sayville Community
American Red Cross Lifeguard Program

Requirements
Participants must be:
- at least 15 years old
- able to swim 300 yards
  (a mix of front crawl and breaststroke)
- able to tread water for 2 minutes without hands
- able to swim 20 yards, retrieve a 10 lb. brick from the bottom of the pool and return it to the starting point in under 1:40

- Registration minimum 6
- Registration maximum 20

COURSE FEE:
- $250 for Sayville/Bayport/Bluepoint residents
- $260 for non-residents
(Venmo additional $100 to @Nicole-Mendez-Chicas for certification and CPR mask)

Class Meetings:
- Prerequisite class April 29th, 2022 at 8-9pm
- Course dates:
  Saturday 4/30 @ 8am-12pm
  Friday 5/6 @ 6-9pm
  Saturday 5/7 @ 3-8pm
  Saturday 5/14 @ 3-8pm

For more information, contact:
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