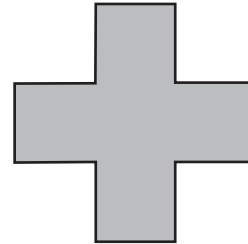


LIFEGUARD TRAINING

Train Now... Work this Season



**American
Red Cross**

The Norwalk YMCA has been a leader in aquatics training for more than 80 years. You won't find a more complete program.

American Red Cross lifeguard training program

Date: Monday April 13 - Friday April 17th

Time : 10 am - 6 pm (Bring lunch and snacks)

Where: Norwalk YMCA

Cost: Members \$300

Non-members \$400

To Register : Stop by the Norwalk YMCA to fill out the application

For questions call (203)866-4425

Prerequisites : Must be 15 years of age

Able to swim 300 yards - back stroke, breast stroke and or free style.

Able to retrieve a 10 lb. weight from bottom of deep water, swim to the surface and tread water for 2 min.

*Visit website for more details: www.norwalkymca.org

Norwalk YMCA

370 West Avenue, Norwalk, CT 06850

(203)866-4425

www.norwalkymca.org