



**HARRISON RECREATION  
AMERICAN RED CROSS  
LIFEGUARD TRAINING, FIRST AID, CPR COURSE**

**STARTS: TUESDAY, APRIL 6, 2010**  
**WHERE: LOUIS M. KLEIN MIDDLE SCHOOL AND  
LEO MINTZER COMMUNITY CENTER**

**DATES: APRIL 6, 8, 13, 15, 20, 22, 27, 29, MAY 4, 6,**  
**5:30 p.m. - 8:30 p.m. LMK Middle School Pool**

**APRIL 10 - Saturday**  
**9:00 a.m. - 5:30 p.m.**  
**Leo Mintzer Community Center**

**Leo Mintzer Community Center is located at:**  
**251 Underhill Avenue, West Harrison**  
**(Across from W. Harrison Library)**  
**(914) 949-5265**

**\*PARTICIPANTS MUST BE AT EVERY SESSION\***

**FOR: 15 YEARS & OLDER (MUST SHOW PROOF OF AGE)**  
**FEE: \$375 (Check OR Money Order only payable to: Harrison Youth  
Activities)**

**DEADLINE: APPLICATION & FEE MUST BE RECEIVED BY MONDAY MARCH 29, 2010 5:00 P.M.**

Participants must be in sound physical condition and fulfill the following requirements:  
Swim 300 yards continuously using these strokes in the following order, 200 yards of front crawl using rhythmic breathing and a stabilizing propellant kick, 100 yards of breast stroke or front crawl.  
Swim 20 yards using front crawl or breast stroke surface dive to a depth of 7 feet retrieve a 10 pound object return to surface and swim 20 yards back to starting point.

**CLASS SIZE IS LIMITED - FIRST COME-FIRST SERVED**

**NAME\_\_\_\_\_**

**ADDRESS\_\_\_\_\_AGE\_\_\_\_\_**

**DATE OF BIRTH\_\_\_\_\_Copy of birth certificate or Drivers License Required**  
**ALL CERTIFICATIONS MUST BE RECEIVED BEFORE START OF COURSE**

**PHONE\_\_\_\_\_ CELL#\_\_\_\_\_**

**Parent's Signature if under 21\_\_\_\_\_**

**RETURN TO: HARRISON RECREATION DEPT. - LIFEGUARDING**  
**LEO MINTZER COMMUNITY CENTER**  
**251 UNDERHILL AVENUE**  
**WEST HARRISON, NY 10604**