

# Want to become a Lifeguard?

THE BOYS AND GIRLS CLUB OF CLIFTON  
IS HOLDING A LIFEGUARD TRAINING COURSE



## **AGE REQUIREMENT:**

Must be 15 years old by 12/26/23

## **PREREQUISITE:**

Must be able to continuously swim 300 yards of freestyle and breaststroke and retrieve a 10 lb. brick from 7 feet deep water.

## **The course will be held on:**

*December 23 from 9:30 am to 4:00 pm*

*December 26 from 9:30 am to 4:00 pm*

***Final Test will be held on December 26***

**YOU MUST ATTEND EVERY CLASS!!!!**

**\*DATES AND TIMES SUBJECT TO CHANGE\***

**FEE:** \$230 PLUS

\$40 YOUTH MEMBERSHIP (Ages 15-17)

OR

\$60 ADULT MEMBERSHIP (Ages 18+)

**Credit/Debit cards, cash and checks are accepted for this course.**

**Checks are payable to Clifton Boys & Girls Club**

**REGISTRATION WILL BE HELD ON A  
FIRST COME - FIRST SERVE BASIS  
IN THE AQUATICS OFFICE STARTING**

**Registration Now Open!**

**PLEASE CALL 973-773-2697 ext. 131 or 135  
FOR ADDITIONAL INFORMATION**

