



TOWN OF EAST HAMPTON

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East Hampton, New York 11937
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JOHN ROONEY
SUPERINTENDANT OF RECREATION

Lifeguard Trainee Skills & Conditioning Training

At The

YMCA East Hampton RECenter Pool

Minimum Age -15 as of 7/1/22

Fee \$50

Sign –up Register online Go to - ehamptonny.gov

March 13th through April 10th

6 Session Dates & Times

Saturdays – 2:30 to 4:00 p.m.

3/ 6 3/13 3/20 3/27 4/ 3 4/10

Important Notes:

- 1. To start this training you DON'T have to be a “good” swimmer. We will correct your strokes and get you in “Good” swimming shape during this Training.**
- 2. Our Stillwater Course starts Sunday April 24 [see Separate Flyer](#)**
- 3. Our Ocean Course starts Tuesday May 31 [see Separate Flyer](#)**

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Program Director
John J. Ryan Jr.

Ocean Course Instructors
Craig Brierley
Brian Cunningham

Program Coordinator
John J. Ryan Sr.
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