



TOWN OF EAST HAMPTON

159 Pantigo Road
East Hampton, New York 11937
Office: (631) 324-2417
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JOHN ROONEY
SUPERINTENDANT OF RECREATION

Ocean Lifeguard Certification Course

at the

The Maidstone Club Ocean and Pool

Minimum Age -16 as of 7/1/22

Weekdays - 3:30 to 6:00 pm - Rain or Shine

Tuesday, May 31st through Friday, June 17 - 14 Sessions

In the Ocean starting Tuesday, June 1 * 3:30 to 5:30 p.m. * Bring your wet suits

Important Note: You must be in "Good" swimming shape to start this course

You should be able to do 10 laps (250 yds.) of freestyle in good form where the best and fastest lap is the last lap

Course Fee **\$165** (ReCert. is Fee **\$65**)

(Check - "Town of East Hampton")

CPR Fee **\$35**

(Check - "E. H. Town Police")

Paid when you take CPR Course

Sign -up Register online - Go to - **e-hamptonny.gov**

Practical Ocean Test

Sat. June 18 8 am
Mon. June 27 at 10 am
Indian Wells Ocean Beach

Lecture & Written Test

Fri. June 17 - 3:00 - 5:30pm
ABA Back Deck

2 Full CPR Courses

7 to 10 pm - Tues & Thurs
5/31 & 6/2 or 6/14 & 6/16
CPR courses are given at Tom Field's
home at 269 Main St, Amag.

Important Reminders:

1. Remember that we are guests of the Maidstone Club.
 - A. Please park you car in the Lower East Parking Lot on the NORTH side at 'Permit Parking'.
 - B. You may use the Locker Room's Shower & Restroom Facilities. Please don't use the Lockers.
2. This is a Training Course not just practice. It is your responsibility to make up missed work.
3. You need a Current Physical on our Test Form and may be required to show Proof of Age.
4. Ocean Training can be arraigned at Indian Wells Ocean Beach starting May 28 - June 12 (Weekends). This training will always be at 10:00 am. You must contact John Ryan Jr. to set this up.
5. Two Ocean Re-Certification tests will be on Tues, Aug. 2 at Main Beach & Mon, Aug. 8 at I. W. Beach

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Program Director
John J. Ryan Jr.

Ocean Course Lead Instructor
Brian Cunningham

Program Coordinator
John J. Ryan Sr.
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