

# Belmont Hill Club

## Lifeguard Course



**When:** 2/19-2/22

**Where:** Belmont Hill Club, 825 Concord Ave, Belmont, MA 02478

**Time:** 11:00-3:30

**Cost:** \$250 for first time students, \$175 for re-certification  
(check payment due by February 11th. There is no refund)

**Age:** Students must be 15 years old by the last day of the course

Students are required to attend all class, there is no make-up available. On first day of class, students are required to swim 300 yards (100 breast, 100 free, 50 breast, 50 free), retrieve a 10 pound brick from deepest part of the pool (10 Feet), and tread water for three (3) minutes.

To register please contact Tom Tringale at  
[tom@belmonthillclub.net](mailto:tom@belmonthillclub.net)

Registration deadline: February 11th, space is limited