



**Rowland Adult
& Community Education**
RECREATION DEPARTMENT
INSPIRING YOUTH THROUGH RECREATIONAL ACTIVITY

NEED LIFEGUARD TRAINING? LOOK NO FURTHER!

The Recreation Department is offering Lifeguard training for the low price of **\$170.00!!!** This two day, hands-on training will be held on the following dates and times:

- Date: Saturday, March 23rd Time: 8:00 a.m. - 6:00 p.m.
- Date: Sunday, March 24th Time: 8:00 a.m. - 6:00 p.m.

A **re-certification** lifeguard training is going to be held for **\$80.00!** This one day training will be held on the following date and time:

- Date: Sunday, March 24th Time: 8:00 a.m. - 6:00 p.m.

Come by the Recreation office to register or fill out the attached registration form to reserve your spot today!

Forms can be mailed to: Rowland Adult & Community Education
Recreation Department
2100 Leron Ave.
Rowland Heights, CA 91748

Or emailed to: rusd-recreation@rowlandschools.org

For more information call the Department at: (626) 965-5975