

Press Release

FOR IMMEDIATE RELEASE
Date: January 19, 2016

Contact: Paul Diaz
212-267-9700, communitycenter@bpcparks.org

WINTER RECESS AMERICAN RED CROSS LIFEGUARD TRAINING

- DATES:** FEBRUARY 15 – 19, MONDAY – FRIDAY
- TIMES:** 4PM – 10PM
- PLACE:** Community Center at Stuyvesant High School
345 Chambers Street, New York NY 10282
- AGE:** Must be 15 years old by April 6, 2015
- COST:** Members: \$400. Non-Members: \$425. Students: \$375.
Become a member and receive the discounted rate
- SUBWAY:** 2, 3, A, C to Chambers Street / E to WTC
4, 5, 6, J, M or Z to Brooklyn Bridge / N or R to City Hall
- INFO:** 212.267.9700, email communitycenter@bpcparks.org or visit www.ccshts.org

This 5-day, all-inclusive course teaches the skills and knowledge needed by professional lifeguards. Through classroom learning and hands-on practice, participants learn how to prevent and respond to aquatic emergencies at swimming pools and non-surf, open-water environments such as lakes and rivers.

Lifeguard training prepares participants for great summer jobs. Lifeguarding skills and experience are valued by camps, colleges and future employers seeking applicants who can deal effectively with people, have a take charge attitude and are willing to learn new skills. The training – which meets New York State Health Department regulations – includes all required Lifeguard, CPR/AED and first aid skills.

Upon successful course completion, participants receive certification in: CPR/AED for the Professional Rescuer (valid 1 year), Lifeguard Training with First Aid (valid 2 years), and Waterfront Lifeguarding (no validity period).

Potential participants must be strong, competent swimmers. At the start of the first class, they are required to take a swimming test. Passing the test is required for taking the course.

Managed by Battery Park City Park Authority, the Community Center at Stuyvesant High School is an authorized provider of American Red Cross trainings.



**Battery Park
City Authority**

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Date: January 19, 2016

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Winter Recess Basketball Clinic

Former professional players coach youngsters aged 10 to 17

Dates: Monday-Friday, February 15 – February 19

Time: Ages 10-13: 4:00-5:00pm
Ages 14-17: 5:15-6:45pm

Place: Community Center at Stuyvesant High School
345 Chambers Street (access: West Street)

Subways: 1, 2, 3, A, C to Chambers Street / E to WTC
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall

Cost: 5 sessions, ages 10-13: \$250, ages 14-17: \$300. Pre-registration required.

Information: 212-267-9700, communitycenter@bpcparks.org or visit www.ccshts.org

The Community Center at Stuyvesant High School will host a 5 session basketball clinic on Saturday afternoons this fall, run by Movement Thru Hoops. Movement Thru Hoops is a basketball training company that has worked with professional and college players on their off season conditioning and training, so this a rare chance for young players to learn the same skills and drills that high level players use.

This basketball clinic is designed for athletes of all skill sets and experience. Drills will be used to improve skills, game strategy and overall athleticism. Participants will have the opportunity to improve life skills too, such as trust in others, patience, discipline and the value of hard work. Players will also learn how to work as a team, listen effectively, increase coordination, properly fuel their bodies and have fun!

Youth will be led by former NBA and European players in practices that include dynamic warm-ups, movement circuit training, training activities and cool-downs. Youth will leave the program with increased self-confidence, pride, and belief in the ability to accomplish personal goals.

Instructors: Jamel Thomas and Louis Frye.



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