

Junior Lifeguard

This course focuses on developing swimming skills to help participants meet the American Red Cross Lifeguard Course pre-requisites.

Participants will be introduced to lifesaving skills such as water rescues, use of a rescue tube, first aid, CPR, & AED, and will shadow SPR lifeguards to get a real sense of being on the job.

Must be a strong swimmer (swim a minimum of 100 yards and tread water for 1 minute).



Monday- Thursday
July 22nd-25th 9:30-11:30am
Friday, July 26th 12:30-2:30pm
for lifeguarding shadowing

Lunch is provided on Friday.

\$55- For kids 11-14

Register by July 15th

