



Guardstart: Lifeguarding Tomorrow

This program is designed for children ages 11-14 and includes classroom instruction as well as hand-on experience for those interested in becoming lifeguards. Each participant will receive a Jr. Lifeguard t-shirt and whistle. They will also be given the chance to shadow on Friday August 6th from 1-2pm or Saturday August 7th from 1-2pm.

August 2nd- August 6th

Session I 10-11am

Session II 6-7pm

Cost- \$20

Course Objectives:

- Prevention
 - o Learn about the causes and ways to prevent drowning and diving accidents.
 - o Learn how to supervise others around the water
 - o Learn how to recognize when someone is in trouble.
- Fitness
 - o Improve swimming stroke mechanics, endurance, strength and physical fitness level for the skills necessary to become a lifeguard.
- Response
 - o Demonstrate, with prompting, how to perform self-rescue.
 - o Demonstrate, with prompting, how to assist others in trouble in the water.
 - o Demonstrate, with prompting, how to provide basic-level first aid, CPR and AED.
- Leadership
 - o Learn about leadership characteristics and skills necessary to become a lifeguard, including how to communicate effectively, make informed decisions, be an effective leader, be part of a team and provide good customer service.
- Professionalism
 - o Learn how to search and apply for a job and prepare for an interview.
 - o Understand the importance of providing quality customer service.

Sign up today!!!