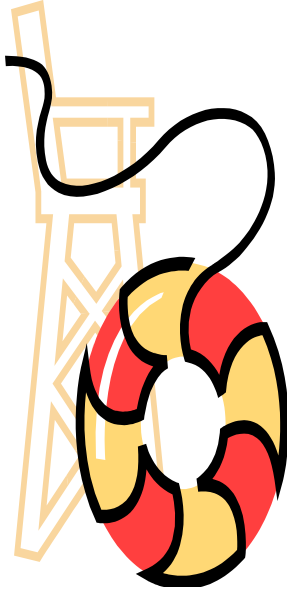


TAKE WATER SAFETY SERIOUSLY!

...BECOME A JUNIOR LIFEGUARD!

American Red Cross Junior Lifeguarding

This educational yet fun program is open to youth who have completed 5th grade or are between the ages of 11 – 14. Students will be prepared to take the official Lifeguarding class when they turn 15½- years old. They will learn communication and decision-making skills, the basic responsibilities of a lifeguard, and train for the basic swimming skills needed to qualify for the lifeguarding class. This introductory course will be physically and mentally challenging. Rudimentary swimming skills are needed to qualify for the Junior Lifeguarding; they are:



- Swim the front crawl 25 yards (1 pool length) with rhythmic breathing to the front or side
- Swim breaststroke 1 pool length using a “pull, breath, kick, glide” sequence
- Tread water in the deep end for 60 seconds using arms and legs
- Back float for 30 seconds or swim 25 yards using the back crawl or elementary backstroke
- Submerge and swim a distance of 10 yards

Meet the Instructors & Skills Checks: January 2 or 4 from 3:30-9pm.

Call ahead to schedule a 10-minute time slot!

Practicing in advance is strongly suggested!

Class Time: 5:00-7:00 p.m.

Class Dates: Tuesdays & Thursdays
January 9 – February 8

Fee: Residents \$40.00; Non-Residents \$60.00

Register by: January 4th

Call the Pool or register online today!