

Junior Lifeguarding Class



A class for individuals 11 to 15 years of age

Junior Lifeguarding is an American Red Cross program for individuals of 11-15 years of age. Classes will begin the first full week of June and begin promptly at 9:30am and end at 11:30am on Tuesdays and Thursdays of each week- participants should plan to come 15-20 minutes early each day. Junior Guards are required to attend no less than 14 of the 16 classes as they are taught CPR/AED/First Aid and tested. Each Junior Guard will have to perform and pass all skills taught over the nine-week course and by the end of training; pass their final written test to receive the American Red Cross Junior Lifeguard Certification. This program gives them not only skills for becoming a lifeguard, but social skills as well, teaching them how to work as a team.

Pre-test: Students must be able to swim:

- Front crawl 25 yards breathing to side or front.
- Breaststroke 25 yards using pull breathe, kick and glide sequence.
- Tread water for 1 minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using the elementary back stroke.
- Submerge and swim under water for 10 feet.

Each student is expected to volunteer 2 or more hours per week outside of class time for hands-on training, assisting and shadowing of Lifeguards while on the job. This will need to be scheduled ahead of time with the Programming Coordinator and/or Aquatics Director.

Each student is provided **two** Junior Lifeguard T- Shirt that is to be worn when they are attending the class and scheduled for their volunteer hours.

All Junior Guards are expected to follow ALL Aquatics Center Rules and Lead by Example for others in their behavior and actions while on duty.

June 4 – July 30 *(no class July 4)*

Tuesdays & Thursdays 9:30 –11:30 am *(must arrive 15-20 minutes early)*

\$80 per Jr. Guard (Military Rate: \$64)

Will Reschedule due to inclement weather ~ No Refunds

The exam for Adult and Pediatric CPR/AED with First Aid and Bloodborne Pathogens training will be on July 30th. This is the only day that this certification will be offered and cannot be rescheduled.