

# Junior Lifeguarding Class



***\*Updated for 2026 Season***

***A class for individuals 11 to 15 years of age***

American Red Cross Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards.

Junior Lifeguarding is an American Red Cross program for individuals of 11-15 years of age. Classes will be offered in 2 sessions starting summer 2026- participants may register for 1 (because of high demand participants may not register for both sessions). See below for session dates. Class will begin promptly at 9:00am and end at 12:00pm on Tuesdays and Thursdays of each week- participants should plan to come **10 minutes early** each day. Volunteering will follow class time on Tuesdays and Thursdays from 12:00 pm to 1:00 pm. Volunteering is only two hours each week and cannot be scheduled on days other than Tuesdays and Thursdays. Junior Guards are required to attend no less than 9 of the 10 classes as they are taught CPR/AED/First Aid. The test dates to earn certifications are listed below- if you know that you cannot be present on the test date please let your JLG Instructor know ASAP so that an alternative date can be scheduled. Each Junior Guard will have to perform and pass all skills taught over the seven-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.

**Schedule** (Participants can register for one of the following sessions):

- Session 1
  - May 26<sup>th</sup> – June 25<sup>th</sup>
  - Tuesdays & Thursdays
  - Class 9:00-12:00 / Volunteering 12:00-1:00
  - Test date to earn certifications: June 25<sup>th</sup>
- Session 2
  - June 30<sup>th</sup> – July 30<sup>th</sup>
  - Tuesdays & Thursdays
  - Class 9:00-12:00 / Volunteering 12:00-1:00
  - Test date to earn certifications: July 30<sup>th</sup>

**Cost:**

- \$80 per Jr. Guard (Military Rate: \$72)
- Cost includes: 2 t-shirts and 3 Red Cross certifications (Junior Lifeguarding, Hands-Only CPR, First Aid)
- No refunds

**Junior Lifeguarding will introduce participants to:**

- The skills needed for entry to the American Red Cross Lifeguarding course
- Communication, teamwork and decision-making skills
- The basic responsibilities of a lifeguard
- The basic knowledge and skills required to participate in the American Red Cross Lifeguarding course

**Junior Lifeguards will need to bring the following to every class:**

- Junior Lifeguard t-shirt
- Bathing suit
- Towel(s)
- **\*\*WATER\*\***
- Sunscreen (not provided)
- Lunch

**Course Prerequisites:**

- Submerge-Tread Sequence:
  - Jump into the water from the side, totally submerge, recover to the surface
  - Tread water for 30 seconds, maintaining position at the surface
- Swimming Sequence:
  - Swim two lengths of the designated swim area without stopping
  - Face must remain in the pool for at least 50% of the swim
  - Swim must be completed using front crawl or breaststroke

Each student is expected to volunteer 1-2 hours per week outside of class time for hands-on training, assisting and shadowing of Lifeguards while on the job.

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 Lifeguards are expected to follow ALL Aquatics Center rules and lead by example for others in their behaviors, actions and words while present during the program. Participants who do not meet respectful expectations for how they treat their classmates, pool patrons or AC staff will be dismissed with no refund.**

**Online details via our website:** <https://www.sumtersc.gov/aquatics-center/lifeguard>

**Follow us on Facebook & Instagram** @ City of Sumter Aquatics Center