

# Junior Lifeguard Class

*A class for individuals 11-14 years of age*

**Maximum of 24 per Class**



The Junior Lifeguard Classes begin the first week of June. The classes begin promptly at 10:00 am and end at 12:00 pm on Tuesdays and Thursdays of each week. Junior Guards are required to attend no less than 10 of the 14 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 seven week course and by end of training; pass their final written test to receive the American Red Cross Junior Lifeguard Certification.

## **Pre-test: Students must be able to swim:**

- Front crawl 25 yards breathing to side or front.
- Breast Stroke 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 on the job Lifeguards.

Each student is provided a Junior Lifeguard T- Shirt that is to be worn when they are attending the class and scheduled for their volunteer hours. *(Jr Guards will not be allowed to Volunteer if they do not arrive in uniform and will have to go home or check in as a Patron – 13 or older)*

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.

Girls are to wear appropriate one piece bathing attire and Boys are to wear the appropriate lined swim trunks.

All participants will sign in and sign out of the Center with their assigned code.

**June 11 – August 1**

***Tuesdays & Thursdays 10:00 am – 12:00 pm***

***(Scheduled Volunteer Hours Posted with Lifeguard Schedule Every Two Weeks – If Jr Guard cannot volunteer another Jr Guard will be placed in the scheduled hours)***

**\$50 Junior Guard Season Session**

**\$40 Government Rate**