



JUNIOR LIFEGUARD COURSE

Are you between the ages of 11 and 14?

Do you see yourself as a lifeguard someday?

Prepare now for your future in lifeguarding – register now for the **AMERICAN RED CROSS JUNIOR LIFEGUARD COURSE**

Enroll Now and Get a Jump Start on Being the Best Lifeguard You Can Be

Want to be a lifeguard but not old enough yet to enroll in an American Red Cross Lifeguarding Training course? Get a jump start on your future as a lifeguard with the Junior Lifeguard Course.

You'll experience what it takes to be a great lifeguard. The Junior Lifeguard Course teaches you everything from lifesaving and leadership skills to fitness and professional development. When it's time to take a Lifeguard Training course, your Junior Lifeguard experience will prepare you to be the best lifeguard that you can be.

The Junior Lifeguard Course introduces you to these essential lifeguarding skills:

- ✓ Prevention of aquatic accidents
- ✓ Fitness and swimming skills
- ✓ Response in an emergency
- ✓ Leadership skills
- ✓ Professionalism of a lifeguard

Junior Lifeguard Course Participants Stand Out from the Competition

Youth that participate in the Junior Lifeguard course before becoming a lifeguard are more dedicated, efficient and knowledgeable than their competition

**2017
JUNIOR LIFEGUARD COURSE SCHEDULE**

April 10-14*	Monday-Friday	11 am - 1pm
	*Spring Break	
June 6-16	Monday-Friday	11 am - 1pm
Aug 7-11	Monday-Friday	11 am - 1pm

Fees:
Residents: \$105; Non-Residents \$115



For more information, contact
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