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.

2019 JUNIOR LIFEGUARD COURSE SCHEDULE

Mar 25-29 (Spring Break)
Monday-Friday
11 am - 1 pm
Spring Break

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

For more information, contact
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