

American Red Cross JUNIOR LIFE GUARD CLASS

This course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard including learning the basics of First-Aid care, CPR, and using an AED.; however, this course will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes and skills in preparation for the American Red Cross Lifeguarding course.

To participate in Junior Lifeguarding the participant:

- Must be 11-14 years of age or have completed 5th grade
- Participants must be able to complete the follow prerequisites:
 - Step into water from the side and totally submerge.
 - Maintain position for one minute by treading water or floating (or a combination of the two).
 - Rotate one full turn and orient to the exit.
 - Level off and swim on the front or back 25 yards.
 - Exit without using a ladder or steps.
 - Swim breaststroke for 25 yards



Dates & Times:

June 10, 12, 17, 19, 24, 26

11:30am-4:00pm

must attend all classes

minimum # of participants required to hold class

Cost:

\$75



Registration
online only! Scan
our QR code

Questions? Contact: Natalie Price
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