

# Junior Lifeguard Course!

Are you interested  
in lifeguarding  
but not old  
enough?



This course is designed to give 11 to 14 year olds a sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the American Red Cross Lifeguarding program when you turn 15. Junior Lifeguarding introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, and first aid, CPR and AED.

Upon successful completion and attendance at all class meetings participants will receive American Red Cross certification in Community First Aid, Community CPR/AED and Basic Water Safety.

## Class Prerequisites:

- Participants must be at least 11 years old
- Able to swim 100 yards non stop using front crawl or breaststroke

## What you will learn:

- Introduction to lifeguarding
- Lifesaving skills
- Leadership Skills
- Fitness
- Professional development

June 12-August 4  
Days: Monday-Thursday  
Time: 10:00am– 11:30am

## Registration:

Registration will be on a first come first served basis, with limited spots available.

Fees: \$200 Resident, \$240 Non resident  
Plus a non-refundable \$35 materials fee.

## Where:

This course will meet at the Culver City Plunge : 4175 Overland Ave

Culver City, CA 90230

**\*\*Please bring your suit and towel to each class meeting.**

*Culver* CITY

4175 Overland Ave. Culver City, CA 90230 310.253.6680