

SYLVANIA RECREATION

JUNIOR LIFEGUARD PROGRAM



at PLUMMER POOL!

This **NEW Jr Lifeguard Program** is designed to mentor individuals (ages 13-15) who have a passion for water safety and a future interest in becoming a lifeguard. Candidates will learn valuable life lessons and hands-on skills training during the summer. Candidates will be provided a uniform, whistle, and Jr Lifeguard Certificate at the completion of this program.



Program Runs: June – Early August

Why should I become a Jr Lifeguard?

- 1. It teaches responsibility** - Junior lifeguards learn all the basics of what it takes to be an awesome lifeguard. It's a great way for a young candidate to transition into aquatics training to help themselves, friends, and family.
- 2. It prepares them for emergencies** - Junior lifeguards are taught to be aware of their environment, especially around the water.
- 3. They learn to respect the water** - Junior lifeguards learn about water safety and how to keep themselves and others safe.
- 4. It builds self-confidence** - Junior lifeguards will be encouraged to participate in CPR/AED and First Aid skill sessions, along with in-water skills during this program. Learning and adapting to these lifesaving skills takes a great deal of confidence. The goal is to prepare junior lifeguards for future opportunities.
- 5. It keeps them active** - Junior lifeguards will participate in physical activities such as swimming, in water rescue skills, and treading water.
- 6. It fosters camaraderie** - Junior lifeguards will be introduced to various objectives that focus on teamwork. Throughout this program, junior lifeguards will be introduced to team building activities, and at all times, encouraged to cheer on fellow junior lifeguards.
- 7. It's tons of fun** - There's always time for a little fun. Although lifeguarding requires physical fitness, attentiveness, and professionalism, our junior lifeguards will enjoy playing Sharks and Minnows, Capture the Flag and more.

Jr Lifeguard In-Services • Jr Guard Mentor Days • Year End Banquet



TO LEARN MORE, CONTACT:

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