



**KICKS OFF THE WEEK  
OF JUNE 26TH!**

# **JR. LIFEGUARD TRAINING PROGRAM**

**AT TILTON FITNESS & WELLNESS IN GALLOWAY**

**DAYS:** Wednesdays

**DATES:** Week of June 26th - August 7th

**TIME:** 12:00pm - 1:30pm

**AGES:** 10-16 year olds

**COST:** \$345 for 7 Week Course

# COURSE OVERVIEW

- Purpose of this course is to help participants meet the American Red Cross Lifeguarding course prerequisite.
- Participants will develop swim skills
- Participants will also learn lifesaving skills such as in-water rescues, use of a rescue tube, first aid, CPR and AED
- Shadow on-duty lifeguards
- Prerequisites of this course include treading water for 30 seconds, retrieving sinking devices from the bottom (4ft) and submerge and swim underwater (10ft distance)
- Upon successful completion of the course participants may enroll in an American Red Cross full lifeguard certification