

Junior Lifeguard

The Junior Lifeguard Program is an exciting program for youth between the ages of 10 and 14. Sessions are Monday through Thursday for two weeks, with the first weeks schedule being 10:30am to 12:00pm; and the second week being 10:30am to 1:00pm.

Youth will learn basic lifeguard techniques and community water safety. Swimming techniques are improved, basic rescues are taught, and youth participate in daily exercises to improve health and stamina. Participants will receive a Junior Lifeguard T-shirt and will have the opportunity to pair up with HLAC Lifeguards to practice their newly learned skills during open swim times.

Program Eligibility:

- Participants must be at least 10 years old
- Participants must have the ability to swim competently a minimum of 300 yards nonstop (12 pool lengths)
- Participants must have a swim suit
- Swim goggles and swim caps are highly recommended

Registration: April 1 to Thursday prior to session start.

Fee: Resident - \$43.00 (tax exempt)
Non-Resident - \$44.00 (tax exempt)

Date: Session I (June 20 – June 30)
Session II (July 25 – August 4)

Time: First week of Each Session - 10:30am - 12:00pm
Second week of Each Session – 10:30am - 1:00pm

Ages: 10 to 14 Years Old

Location: Hamilton-Lowe Aquatics Center

Instructor: Certified Water Safety Instructor & Certified Lifeguard

Min/ Max: 5/25