

# JUMP RIGHT IN!

## American Red Cross

# JUNIOR LIFE GUARDING

**Skills you will learn:**

*Prevention    Fitness    Response*  
*Leadership    Professionalism*

**Class dates and times:**

July	25, 2022:	9:00 a.m. - 1:30 p.m.	ORIENTATION
July	26, 2022:	9:00 a.m. - 1:30 p.m.	
July	27, 2022:	9:00 a.m. - 1:30 p.m.	
July	28, 2022:	9:00 a.m. - 1:30 p.m.	
July	29, 2022:	9:00 a.m. - 1:30 p.m.	
July	30, 2022:	9:00 a.m. - 2:00 p.m.	

**This program is for persons 11 to 14 years of age.**



**Class fee: \$50.00**

For more information call the Mineral Wells Aquatics Facility @ 940-328-7861

(Ask for Wendy Boswell @ 940-682-9840)

You may also call the Parks & Recreation Dept. @ 940-328-7803

or visit our website @ [www.mineralwellstx.gov/parks](http://www.mineralwellstx.gov/parks)

## JUNIOR LIFEGUARDING PREREQUISITES

American Red Cross Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They should learn techniques and build stamina during this program. **The Junior Lifeguarding course does not certify participants in first aid, CPR or AED or as a lifeguard.**

Full certification courses in first aid, CPR and AED may be added to the Junior Lifeguarding course. Participants must adhere to all course requirements to receive certification. Appropriate instructors must teach those lessons. Additional time must be scheduled if full certification courses are added. For information on certification courses, contact the American Red Cross Training Support Center at 1-800-REDCROSS or support@redcrosstraining.org.

Junior Lifeguarding is an effective transition from upper-level Learn-to-Swim courses to the American Red Cross Lifeguarding program, challenging participants to stay involved with aquatics. The course also provides the participating agency with a known group from which to recruit future lifeguards.

Junior Lifeguarding will introduce participants to:

- The skills needed for entry to the American Red Cross Lifeguarding course.
- Communication and decision-making skills.
- The basic responsibilities of a lifeguard.
- The basic knowledge and skills required to be a lifeguard.

## COURSE PARTICIPANTS

Junior Lifeguarding is designed for youths 11 years of age, or those who have completed the 5th grade

through 14 years of age.

Junior Lifeguarding involves a significant amount of physical activity.

## COURSE PREREQUISITES

Before entering Junior Lifeguarding, participants must demonstrate the following skills:

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence.
- Tread water for 1 minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using the elementary backstroke or back crawl.
- Submerge and swim a distance of 10 feet under water.