



Jr. Lifeguard Programs

Junior Lifeguard Exploration

(1 week session, 9am - 4pm)

Recommended for ages 9-13

Minimum skill level:

- Participants must be able to swim 25 yards (1 full length of the pool) unassisted and tread water for 2 minutes.
- This course explores several lifeguarding environments, including pool and beach. Fitness requirements, water quality, maintenance duties, professionalism, public relations, sun safety, ecology, and more will be discussed and practiced, all while learning personal water safety skills and basic rescue techniques.
 - Classroom and water sessions: pools and beaches
 - Both the Atlantic and MLK Pools will be used

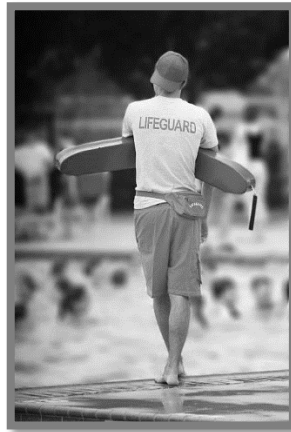
Ocean Beach Junior Lifeguard

(1 week session, 9am – 4pm)

Recommended for ages 10-15

Minimum skill level:

- Participants must be able to swim 50 yards (2 pool lengths) proficiently, using front crawl and/or breaststroke, swim 10 yards underwater, and tread water for 3 minutes.
- Mentored by an experienced Ocean Rescue professional in a team building environment, this program emphasizes physical fitness and personal safety and explores ocean aquatic safety techniques, introductory CPR skills and beach ecology. This program is primarily held at Main Beach in an ocean environment.



Aquatics Fees:

Jr. Lifeguard Programs (5 days):
\$150 city resident/ \$187 non-city resident
Registration required before first day.
Please call (904) 310-3350 or (904) 310-3362

Jr. Lifeguard Programs Schedule

**See minimum swimming ability pre-requisites*

Exploration Program (Pool & Ocean Beach)

9am-4pm For 9-13 years old

Class 1A: June 14-18

Class 2A: July 19-23

Beach Program (Ocean Beach)

9am – 4pm For 10–15 years old

Class 1B: June 21-25

Class 2B: July 12-16