

JUNIOR LIFEGUARDING PROGRAM

The Junior Lifeguarding program is designed for individuals between the ages of 11 – 15 who are interested in becoming lifeguards when they reach the minimum age to participate in lifeguard training.

There will be required swimming, as well as, in & out of class activities.

Registration is currently underway and will be accepted through August 11.

The class will be held August 14 - 25 from 6:00pm – 8:00pm.
The cost of the course is \$35.00.

The Junior Lifeguarding course 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.

**FOR MORE INFORMATION PLEASE CALL THE RECREATION DEPT.
AT 735-2671**

Swimming Lesson, Jr. Lifeguarding, & Lifeguard Training Registration

Parent's Name (last)		(first)	
Address		City	Zip Code
Day Telephone Number	Evening Telephone Number	Emergency Contact Name: Telephone Number:	
E-mail Address		<input type="checkbox"/> Resident <input type="checkbox"/> Non-Resident	

Course Name	Course Number	Session Date	Time	Fee	Participant Name First Last	D.O.B	M/F
Infant	01A						
Toddler	02B						
Preschool	03C						
Level 1	001						
Level 2	002						
Level 3	003						
Level 4	004						
Level 5	005						
Level 6	601PWS						
Level 6	602FS						
Level 6	603FD						
Jr. Lifeguarding	007						
Lifeguard Training	008						
Adult	009						

Total fee: _____ Please make checks payable to: City of Lincolnton Recreation Dept.

Medical condition or any other information we should be aware of; example: Allergic to bee stings, Allergies, Asthma, Nose Bleeds, Etc. _____

PARENT RELEASE:

This is to certify that _____ has my permission to take part in the American Red Cross Swimming Programs sponsored by the City of Lincolnton Parks and Recreation. We hereby waive and release any and all rights and claims for damage and injuries he/she may receive while taking part in the swimming program.

Signature: _____ Date: _____

Parent's signature required for all participants under 18 years of age.

Letter to Junior Lifeguarding Participants and Their Parents

Date: May 1, 2017

Dear Junior Lifeguarding Participant and Parent:

Thank you for enrolling in the American Red Cross Junior Lifeguarding course. The time and place of the meetings are as follows:

Dates: August 14 - 25: 6:00 p.m. – 8:00p.m. Total Sessions: 10

Place: Lincoln Recreation Pool at Betty G. Ross Park.

This course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard; however, **this course will not certify anyone to be a lifeguard.** It will build a foundation of knowledge, attitudes, and skills in preparation for the American Red Cross Lifeguard Training course.

Successful course completion requires participation in skills practice. The practice sessions will require some strenuous physical activity. You are encouraged to check with your family health-care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or if there are questions about fully participating in the Junior Lifeguarding, please contact me to discuss this before the program begins.

To participate in Junior Lifeguarding, the following skills must be demonstrated:

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- 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 underwater.
- The skills evaluation will occur on the first day of the program. Please bring a swimsuit and towel for the skills evaluation and for every class.

After completing all of the Junior Lifeguarding course requirements and turning 15 years of age, participants will be prepared to enroll in the American Red Cross Lifeguard Training course, where the knowledge and skills of a lifeguard will be taught.

If there are any questions regarding Junior Lifeguarding, please contact me at 735-2671.

Sincerely,

Nathan C. Eurey
Aquatics & Recreation Director