

CITY OF SUMTER AQUATICS CENTER

JR. LIFEGUARDS

June 10 - July 24

Tuesdays & Thursdays 10:00 am - 2:00 pm

Class will be the first two hours & volunteering the second two hours. Must volunteer 4 hours per week

Must attend 10/13 classes to receive credit (makeups can be scheduled)

**11-15
Year Olds**

Each Jr. Guard will preform & pass all skills taught over the 7-week course & by the end of training; pass their final test to receive the American Red Cross Junior Lifeguard Certification.

All Jr. Guards will be taught CPR/AED and First Aid. Pay an extra \$70 for your Jr. Guards to take the exam to receive certification (not required)!

Cost: \$50 (Military: \$45)

*Cost includes 2 t-shirts

For more information:

visit sumterswim.com

call 774-3998



Junior Lifeguarding Class



****Updated for 2025 Season***

A class for individuals 11 to 15 years of age

Junior Lifeguarding is an American Red Cross program for individuals of 11-15 years of age. Classes will begin June 10th and begin promptly at 10:00am and end at 12:00pm on Tuesdays and Thursdays of each week- participants should plan to come 10 minutes early each day. Volunteering will follow class time on Tuesdays and Thursdays from 12:00 pm to 2:00 pm OR 12:00 pm to 4:00 pm Tuesday or Thursday. Volunteering is only four hours each week and cannot be scheduled on days other than Tuesdays and Thursdays. Junior Guards are required to attend no less than 10 of the 13 classes as they are taught CPR/AED/First Aid. Each Junior Guard will have to perform and pass all skills taught over the seven-week course and by the end of training; pass their final written test to receive the American Red Cross Junior Lifeguard Certification. This program gives them not only skills for becoming a lifeguard, but social skills as well, teaching them how to work as a team.

**Pay an extra \$70 for your Jr. Guard to take the exam for Adult and Pediatric CPR/AED with First Aid to obtain certification.*

Pre-test: Students must be able to swim:

- Front crawl 25 yards breathing to side or front.
- Breaststroke 25 yards using 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 back stroke.
- Submerge and swim under water for 10 feet.

Each student is expected to volunteer 4 hours per week outside of class time for hands-on training, assisting and shadowing of Lifeguards while on the job. Volunteering can only be scheduled on Tuesdays or Thursdays.

Each student is provided **two** Junior Lifeguard T- Shirt that is to be worn when they are attending the class and scheduled for their volunteer hours.

All Junior Guards are expected to follow ALL Aquatics Center Rules and Lead by Example for others in their behavior and actions while on duty.

June 10 – July 24 (no class July 3)
Tuesdays & Thursdays 10:00 –2:00 pm

\$50 per Jr. Guard (Military Rate: \$45)

Will Reschedule due to inclement weather ~ No Refunds