

American Red Cross Guard Start: Lifeguarding Tomorrow

Who: Motivated 11-15 Year Olds

When: August 2nd-6th, 2010
8:30am-10am

Where: Berea Swimming Pool

Cost: \$25 per Person

What: This American Red Cross training program gives motivated 11-15 year olds a successful jumpstart into lifeguarding.

Prerequisites:

- ☞ 11-15 Years Old
- ☞ Interest in becoming a skilled & capable lifeguard
- ☞ Swim Test: 25 Yards front crawl, underwater swim, tread water 1 minute

Guard Start covers these five critical areas:

Prevention-Teaches how to prevent drownings and diving accidents

Fitness-develops swimming skills and general physical ability for lifeguarding responsibilities.

Response-develops and understanding of the basics of emergency response techniques and provides practice of lifeguarding skills.

Leadership-teaches the decision-making and communication skills necessary to succeed as a lifeguard

Professionalism-instructs participants in key skills and attitudes for the important and vital job of lifeguarding

Ready to get started? [Click here to get registration form](#)

Mail to: 212 Chestnut Street Berea, KY
40403

In Person: 6 Pirate Parkway (adjacent to
Berea Community School)

Call 986-9402 for more info!