

2019 Summer Jr. Lifeguarding

Registration starts
May 12, 2019

Registration closes
July 22, 2019

SESSION 1
JUNE 10 - JUNE 14

SESSION 2
JUNE 17 - JUN 21

SESSION 3
JUNE 24 - JUNE 28

SESSION 4
JULY 1 - JULY 5

SESSION 5
JULY 8 - JULY 12

SESSION 6
JULY 15 - JULY 19

SESSION 7
JULY 22 - JULY 26

SESSION 8
JULY 29 - AUGUST 2

Our Jr. Lifeguarding Program is a per session course run on Weekdays, Monday thru Friday this summer. Jr. Lifeguarding is a fun and interactive program instructed by seasoned MCCS Semper Fit Ocean Rescue Lifeguard professionals. The Jr. Lifeguard program familiarizes 13-17 year olds with

ocean awareness, safety and lifeguard rescue skills. Throughout the class Jr. Lifeguards will learn beach/land skills, ocean skills, surf rescue techniques, pool rescue techniques, physical conditioning, ATV safety, Jet Ski safety, community CPR/AED community First Aid and other lifeguarding related skills.

Prerequisites

- Participants must be at least 13 years old prior to the first day of class and no older than 17 years of age.
- A prequalification swim of 100 meters, one-minute treading water and 10-meter underwater is required. If for any reason a child cannot complete the prequalification swim, water tread or under water swim they will not be able to participate in the program.
- Cost is \$100 per session and includes a Jr. Lifeguarding T-shirt.
- Prequalifications will be held at the Main Base Pool every Friday from June 7 to July 26 at 1400. Reminder calls will be made to parents.

Locations and schedule

Classes will be held in the morning from 0800-1200. Registrations will be accepted at the Semper Fit Center during normal business hours.

Camp will be held at several different locations on base, such as: Hale Koa Beach, Base Pool, Pyramid Rock Beach, etc. (depending on conditions.) Please bring a light lunch and snacks, as well as plenty of water and sunscreen. Participants will also need a snorkel, mask and fins.

NOTE: THIS IS NOT A LEARN TO SWIM CLASS.

For more info call: 254-7655 | www.MCCSHawaii.com/aquatics

