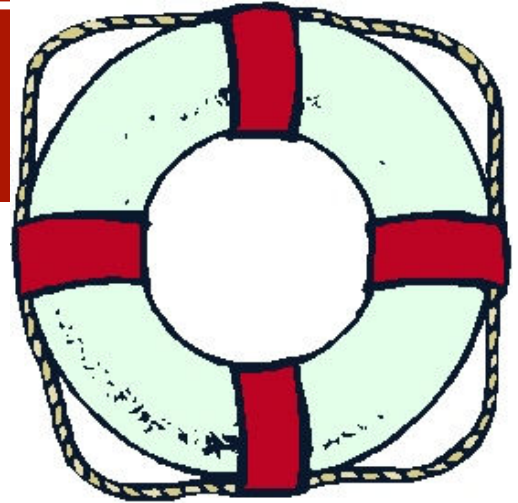


- A program for youth that provides a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguarding courses



GuardStart

Learning Objectives

Prevention

- Learn about the causes and ways to prevent drowning and diving accidents.
- Learn how to supervise others around the water
- Learn how to recognize when someone is in trouble.

Fitness

- Improve swimming stroke mechanics, endurance, strength and physical fitness level for the skills necessary to become a lifeguard.

Response

- Demonstrate, with prompting, how to perform self-rescue.
- Demonstrate, with prompting, how to assist others in trouble in the water.
- Demonstrate, with prompting, how to provide basic-level first aid, CPR and AED.

Leadership

- Learn about leadership characteristics and skills necessary to become a lifeguard, including how to communicate effectively, make informed decisions, be an effective leader, be part of a team and provide good customer service.

Professionalism

- Learn how to search and apply for a job and prepare for an interview.



11:00-11:30 a.m.

Session 1: June 22-July 2

Session 2 : July 6- July 16

Session 3: July 20- July 30

Session 4: Aug 3- Aug 13