



JUNIOR LIFEGUARD

TRAINING

\$75
per
person

Spring 2024 | March 11, 13 & 15

Class Dates:

- Monday, March 11, 8:00 a.m. to 11:00 a.m.
- Wednesday, March 13, 8:00 a.m. to 11:00 a.m.
- Friday, March 15, 8:00 a.m. to 11:00 a.m.

Corpus Christi Natatorium, 3202 Cabaniss Parkway

Requirements:

- Must be 11 to 14 years old
- Demonstrate the ability to perform the following:
 - Step into water from the side and totally submerge.
 - Maintain position for one minute by treading water or floating (or a combination of the two).
 - Rotate one full turn and orient to the exit.
 - Level off and swim on the front or back 25 yards.
 - Exit without using a ladder or steps.

Students will Learn:

- Leadership, rescue techniques, and have fun in our American Red Cross Junior Lifeguard class. Students will be swimming and learning basic lifeguard techniques



REGISTER.CCPARKANDREC.COM

Registration opens February 18 and closes Thursday, March 7, 2024.

Successful completion requires participation in skills practice. The practice sessions will require some strenuous physical activity. You are encouraged to check with your family healthcare professional before participating in the practice sessions.

If a medical condition or disability exists that might prevent participation in the activities, please contact us to discuss this before the program begins.

The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, political belief, or disability. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call 361-826-3460 at least 48 hours in advance. Upon request, this information can be available in large print or digital file.

**For More Information:
Call 361-826-PLAY**



Live. Learn. Play!
ccparkandrec.com

