

# JR. LIFEGUARD—BASICS



An introduction course designed to physically train and mentally prepare participants for the demanding job lifeguarding. Participants will be introduced to leadership skills, good decision making, work ethic, professionalism. Develop characteristics such as leadership, responsibility, and teamwork. Each day participants will spend time in the pool, on the field, and in the classroom working on physical fitness games, activities, water rescues, CPR and First Aid skills.

Fee includes a Junior Guard rash guard.



## JR. LIFEGUARD - BASICS

Activity #99998

Date: M-Th 6/20 - 7/14

Time: 1:00pm-4:00pm

Location: San Ramon Olympic Pool,  
9900 Broadmoor Drive



## JR. LIFEGUARD - BASICS

Activity #100000

Date: M-Th 6/20-7/14

Time: 1:00pm-4:00pm

Location: Dougherty Valley Aquatic  
Center, 10550 Albion Road



## JR. LIFEGUARD - BASICS

Activity #99999\*

Date: M-Th 7/18 - 8/4

Time: 1:00pm-4:00pm

Location: San Ramon Olympic Pool,  
9900 Broadmoor Drive

### Camp Details

**Ages:** 12-15

**Prerequisite:** All participants must be able to swim at least 25 yards prior to the start of Junior Guards.

**Fees:** \$188 (R/GO)/\$235 (N)

**\*Fees:** \$152 (R/GO)/\$190 (N)



*San Ramon Parks & Community Services*

9900 Broadmoor Dr. · T: (925) 973-3240 · F: (925) 828-3427 · [www.SanRamon.ca.gov/parks](http://www.SanRamon.ca.gov/parks)

Register: [SanRamonRecGuide.com](http://SanRamonRecGuide.com) · Tickets: [SanRamonPerformingArts.com](http://SanRamonPerformingArts.com) · Email: [parks@sanramon.ca.gov](mailto:parks@sanramon.ca.gov)