

JR. LIFEGUARD—ADVANCED



This course will put the skills from the Basics program to work, continuing to train and prepare for the demanding job of lifeguarding. Participants will spend time in the pool, on the field, and in the classroom working on advanced skills, physical fitness games, activities, team building, water rescues and CPR and First Aid Skills. Upon completion participants should have the knowledge and ability to become a lifeguard.

Fee includes a Junior Guard T-Shirt.

Prerequisite: Must have completed Junior Lifeguard - Basics.



JR LIFEGUARD—ADVANCED

Activity #100006
Date: M-TH 7/18 - 8/4
Time: 1:00pm to 4:00pm
Location: San Ramon Olympic Pool
9900 Broadmoor Drive

JR LIFEGUARD—ADVANCED

Activity #100007
Date: M-TH 7/18 - 8/4
Time: 1:00pm to 4:00pm
Location: Dougherty Valley Aquatic Center
10550 Albion Road

Camp Details

Age: 12-15 yrs

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

Successful completion of Junior Lifeguard - Basics

Fees: \$152(R/GO)/\$190(NR)



San Ramon Parks & Community Services

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

Register: SanRamonRecGuide.com · Tickets: SanRamonPerformingArts.com · Email: parks@sanramon.ca.gov