



**American
Red Cross**

GUARDSTART

Junior Lifeguarding Program

Course Fee: \$175

Ages 11-14

Junior Lifeguarding has a strong focus on developing swimming skills to help participants meet the Lifeguarding course prerequisite. The course also introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, and first aid, CPR and AED. Participants also have the opportunity to shadow lifeguards in rotation to get a real sense of being on the job.

For more information please call Carla Bigelow or Jessica Bliven

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