

GREAT OPPORTUNITY TO DEVELOP JOB SKILLS, MAKE NEW FRIENDS AND HAVE FUN!



Junior Lifeguard & Instructor Courses

American Red Cross Junior Lifeguard Course

- April 10 – June 17, 2017
Tuesdays and Thursdays 3:30 – 5 p.m.
- Ages 12 – 14
- \$125 (includes all materials)
- Must be Level 6 or SRST AG1 or swimmers may schedule a swim assessment prior to the first day of class.
- Course description:
Course is designed to help build a foundation of knowledge, attitudes and skills for future lifeguards. 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, first aid, and CPR and AED. Participants also have the opportunity to shadow lifeguards in rotation to get a real sense of being on the job. Successful completion of the course will earn the participant an American Red Cross Junior Lifeguard Certificate.

Course takes place in the competition pool and meet management room.

Snohomish Aquatic Center Junior Instructor Course

- April 10 – June 17, 2017
Mondays and Wednesdays 3:30 – 5 p.m.
Note: No class on Memorial Day, Monday, May 29.
- Ages 12 – 14
- \$118.75 (includes all materials)
- Must be Level 6 or SRST AG1 or swimmers may schedule a swim assessment prior to the first day of class.
- Course description:
The junior instructor course is designed to help build a foundation of knowledge, attitudes and skills for future swim instructors. The course also introduces participants to lesson planning, skill assessments, and stroke progression. Ability to demonstrate swimming strokes and techniques is required. Junior instructors will assist instructors with preschool and beginner level classes. This class is intended for those candidates who exhibit maturity and have a strong sense of responsibility.

Course takes place in the competition pool, recreation pool and meet management room.

SNOHOMISH
AQUATIC
CENTER

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