



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**Jackson YMCA
American Red Cross**



Ages: 12–15

Junior Lifeguarding Skill Building Lessons

November 2nd – December 2nd

**** No classes the week of Thanksgiving****

Mondays & Wednesdays | 5:20–5:50pm

Take your swimming to the next level!

This program is designed for experienced young swimmers who want to improve their endurance, stamina, and stroke technique while preparing for our Junior Lifeguarding course.

Participants will build the strength, confidence, and swimming skills needed to succeed in a future junior lifeguarding or lifeguarding program through focused swim conditioning and skill development.

Funding for this program is generously provided by the John George Jr. Trust.

Contact

Molly Hartel; Aquatics Director

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517.782.0537

***** The Junior Lifeguard course
does NOT result in certification
to be a lifeguard*****



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Junior Lifeguarding Course

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Monday-Wednesday | December 21st– 30th

American Red Cross Junior Lifeguarding is designed to guide youth aged 12–15 to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They will learn techniques and build stamina during this program. The Junior Lifeguarding course does not certify participants in first aid, CPR, or AED, or as a Lifeguard.

PREREQUISITE SWIMMING SKILLS

Participants must demonstrate all of the following skills to participate in the course.

1. Front Crawl:

Swim the front crawl for 25 yards continuously while breathing to the front or side.

2. Breaststroke:

Swim the breaststroke for 25 yards, using a pull, breathe, kick and glide sequence.

3. Water Competency Sequence:

Step into the 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. This sequence must be completed without stopping.

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Next Steps:

- 1. Schedule your prerequisite swim by December 2nd.**
- 2. Complete course registration**