

JUNIOR LIFEGUARD ACADEMY

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This dynamic three week program provides youths with a fun and exciting introduction to water safety, water rescues, CPR, first aid, emergency response, spinal injury management and more. Junior lifeguards will participate in water and land activities designed to promote fitness, positive self esteem, and teamwork. Theme based lessons and instruction will be complemented by videos, interactive play, games, and physical activities.

The cost includes: books, specialized academy shirt, whistle, and a completion certificate.

Visit our website for more details and to complete the required paperwork prior to registration.



Class	Dates	Cost
8773.500	6/22-7/10	\$369
8773.501	7/20-8/7	\$369

A \$20 reduction for books and shirt will be given if registering for both sessions.

Age: 11 - 14

Days: Monday - Friday

Time: 9:00am - 12:30pm

participants can be dropped off at 8:30am

Academy Location:
 Pleasant Valley Aquatic Center
 1030 Temple Avenue, Camarillo
www.pvrpd.org

American Red Cross Lifeguard Certification Classes

Upon successful completion of this class you will be certified in the following: Lifeguarding, CPR for the Professional Rescuer, AED and First Aid. Successful participation in all classes is required. Participants must be able to swim 300 yards continuously, tread water for two minutes without the use of hands, and retrieve a 10 lb object from a depth of 7+ feet and other required skills. **Participants must purchase a resuscitation mask, first aid training pack and the Lifeguard book (participant manual) from the Red Cross prior to the first day of class.** Location: Pleasant Valley Aquatic Center and Community Center. Instructor: Ann Wright

Mondays / Wednesdays

Class #:8883.140

Age: 15+

Cost: \$142

Time	Date	Location
3:45-9:00pm	5/27-6/15	PVAC
3:45-9:00pm	6/1	Comm Ctr Rm 7

Now Hiring year round Lifeguards

www.pvrpd.org • 482-1996 x 14

Flexible hours & great pay! \$9.47-\$11.50/hr

Apply Today!