**🚨🏀 RESCUE & REC**

**“A Year-Round Lifesaver Curriculum for Homeschoolers”**

*Learn. Play. Save Lives.*

**🎯 PROGRAM OVERVIEW**

**Rescue & Rec** is a comprehensive, year-round physical education and life skills program designed specifically for homeschoolers. Students participate in a structured curriculum that combines recreational physical activity with essential rescue and safety certifications — culminating in the opportunity to earn nationally recognized credentials in CPR, First Aid, Babysitting, and even Lifeguarding.

**👥 AGE GROUPS & ELIGIBILITY**

* **Ages 9–17**, grouped by developmental level
* Flexible age-based tracks:
	+ *Juniors (9–12)*
	+ *Teens (13–15)*
	+ *Advanced (15+ ready for Lifeguarding)*
* Open enrollment: Families may register for a full year or by session
* Prior swim experience preferred for older tracks but not required at entry

**🗓️ STRUCTURE & SCHEDULE**

* **Frequency:** 1x per week, 2-hour sessions
* **Duration:** Full-year curriculum (September–June)
* **Session Options:** Fall, Winter, Spring (12 weeks each), Summer Intensives
* **Format:**
	+ 1 hour of Rec (games, team-building, fitness)
	+ 1 hour of Rescue (water safety, first aid, CPR, certification content)

**🧩 CURRICULUM BY AGE TRACK**

**🐣 Junior Track (Ages 9–12)**

**Focus:** Safety foundations, confidence, pre-certification prep

* Intro to First Aid & Safety
* Basic swim rescue concepts
* Leadership through role-play
* Team games and fitness
* Progress patches (Safety Star, Rescue Rookie, etc.)

🟩 *Certificate Earned:*

* **Babysitter Training** (Ages 11+)
* **Basic Water Rescue (optional)**

**🔥 Teen Track (Ages 13–15)**

**Focus:** Skill-building, certification, leadership

* CPR/AED and First Aid
* Real-world rescue simulations
* Shadow lifeguards and assist with events
* Rec activities: obstacle courses, active games, fitness

🟨 *Certificates Earned:*

* **CPR/AED & First Aid** (Red Cross or equivalent)
* **Babysitter with Pediatric CPR**
* **Junior Lifeguard Certificate** (includes swim fitness)

**🛟 Advanced Track (Ages 15–17)**

**Focus:** Pre-professional development

* Lifeguard certification course
* Emergency action planning
* Public speaking & teaching basics
* Option to assist younger groups

🟥 *Certificates Earned:*

* **Lifeguarding + CPR/AED + First Aid**
* Optional: **WSI (Swim Instructor Assistant)**

**💲 PRICING & VALUE**

* **$85–$125/month** depending on track and number of certifications
* **Includes:** instruction, pool time, rec time, certification cards, class materials
* **Sibling Discount:** 10–15% off per additional child
* **Optional Add-ons:**
	+ Uniform T-shirt: $15
	+ Waterproof skill logbook: $10
	+ End-of-year graduation medal + family celebration

**🧠 WHY HOMESCHOOL FAMILIES LOVE IT**

* **Meets PE requirements** with real structure and socialization
* **Teaches life-saving skills** that translate into job opportunities
* **Certification pathways** that increase in value with age
* **One-day-a-week simplicity** for busy families
* **Promotes confidence and leadership** through service-based learning

**🏅 GRADUATION & LEADERSHIP OPPORTUNITIES**

* End-of-year showcase & recognition event
* Graduation speeches by top students
* Option to return next year as a Junior Instructor or Peer Mentor

**🛠️ HOW TO RUN IT**

* Program can be held at YMCAs, rec centers, or private facilities with gym + pool access
* Staff required:
	+ 1 certified lifeguard instructor
	+ 1 CPR/First Aid trainer
	+ 1–2 rec or PE leaders
* Certifications offered via Red Cross or preferred provider