

Dear Junior Lifeguard Applicant and Parent,

Thank you for applying to join the American Red Cross Junior Lifeguarding course. The time and place of the meetings are as follows:

EVERY MONDAY & WEDNESDAY

July 1st - August 19th (15 sessions)

From 2pm - 4pm

This course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard; however, this course will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes and skills in preparation for the American Red Cross Lifeguarding course. Additionally, applicants will have the opportunity to become CPR certified if their instructors deems they have learned the skills they need in order to complete the certification. The skills will be taught to them, but it is completely up to the participant how much effort they put into this course.

Successful completion requires participation in skills practice. The practice sessions will require some strenuous physical activity. You are encouraged to check with your family health-care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or if there are questions about fully participating in Junior Lifeguarding, please contact me to discuss this before the program begins.

To participate in Junior Lifeguarding, the following skills must be demonstrated:

- Swim freestyle and breaststroke for at least 100 yards
- Tread for two minutes
- Dive to the bottom of the lake, retrieve an object, and resurface
- swim underwater across the swimming area only resurfacing 3-4 times
- After completing all of the Junior Lifeguarding course requirements and turning 15 years of age, participants will be prepared to enroll in the American Red Cross Lifeguarding course, where the knowledge and skills of a lifeguard will be taught. If there are any questions regarding Junior Lifeguarding, please contact me at 845-499-1032 / juliaskylinelakes@gmail.com

Sincerely,

Julia Giarratano, Beach Manager