



Junior Lifeguard Program



South Chicago YMCA ~ 3039 E. 91st Street ~ 773-721-9100

Do you want to be a lifeguard but you are not old enough?

The South Chicago YMCA is now offering a Jr. Lifeguard program; available to youth ages 11 - 15 years old who have the desire to learn about the responsibilities and duties of a lifeguard. This program will help your child build a foundation of knowledge, attitudes and skills to become a future lifeguard. Your child will receive instruction in prevention, fitness, response, leadership, professionalism and swimming skill development.

The Jr. Lifeguard Program is NOT a lifeguard certification class.

Jr. Lifeguard program covers these five critical areas:

- **Prevention:** Teaches how to prevent drowning and diving accidents.
- **Fitness:** Develops swimming skills and general physical ability for lifeguarding responsibilities.
- **Response:** Develops an understanding of the basics of emergency response techniques and provides practice of lifeguarding skills.
- **Leadership:** Teaches the decision-making and communication skills necessary to succeed as a lifeguard.
- **Professionalism:** Instructs participants in key skills and attitudes for the important and vital job of lifeguarding.

MUST BE ABLE TO SWIM

Fee:

\$50.00 member/ \$90.00 non-member
2/23/09 – 4/17/09

Monday, Wednesday, and Friday
4:00pm – 5:00pm

South Chicago YMCA
3039 E. 91st street
Chicago, IL 60617
773.721.9100

For further information you can contact the Aquatic Coordinator, Natalie Galindo at 773.326.2714

CARING

HONESTY

RESPECT

RESPONSIBILITY

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