

# Jr. Lifeguard Club for teens 11-15

*“A serious purpose, lifesaving,  
coached in a fun way.”*

The Jr. Lifeguard Club is designed to let youth age 11-15 participate in activities similar to those of real Life Guards in a safe *fun* and controlled setting.



**Wednesdays**

**4pm-6pm**

**\$125 - 10 sessions**

**Prerequisites:**

1. Able to swim 25M front & back
2. Able to tread water for 2 minutes without stopping
3. Comfortable in the deep end