

JUNIOR LIFEGUARD PROGRAM



Ages 12-14

The purpose of the Junior Lifeguard Program is to encourage awareness, leadership and self-confidence, and to provide an environment that allows young participants a chance to explore lifeguarding as an interest or possible career choice.

Six Elements of the Junior Lifeguard program include:

- Emergency response
- Physical skills training
- Environmental awareness
- Standard operating procedures
- Patron safety by rule enforcement
- 30 hours of community service as a Jr. LG



Session Dates & Times

June 3-8, July 8-13, August 5-10

Monday-Friday 3:00pm-7:00pm

Saturdays 1:00pm - 5:00pm

Location

Robert Strange Pool

401 S 10th Street

Wilmington, NC

Don't forget to bring a swim suit, towel, snacks and water!

Course Cost: Free*

*Course is free with the expectation that participants perform 30 hours of community service at one of our YMCA operated pools: Nir Family YMCA, Legion Stadium Pool, or Robert Strange Pool.

Contact

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Learn More

Scan the QR code or visit
ymcasenc.org/lifeguard

