

# JUNIOR LIFEGUARD PROGRAM SUMMER 2026



## 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, and build essential career development skills alongside learning the roles and responsibilities of a lifeguard.

### Six Elements of the Junior Lifeguard Program include:

- Emergency response
- Physical skills training
- Environmental awareness
- Standard operating procedures
- Career development skills
- Growth of professional communication skills



### Session Dates & Times

Will be announced in early 2026!

### Location

Robert Strange Pool  
401 S 10<sup>th</sup> Street  
Wilmington, NC

### Cost: TBD!

Will be announced in early 2026!

### Questions?

Contact Lindsey Hays, Director of Aquatic Safety at  
[Lindsey.Hays@ymcasenc.org](mailto:Lindsey.Hays@ymcasenc.org)

### Join our Interest List!

Scan the QR code or visit  
[ymcasenc.org/lifeguard](http://ymcasenc.org/lifeguard)

