



Junior Lifeguard Training

The SWIM NH Junior Lifeguard Program offers step-by-step skill development with a safety-first motto. We take pride in offering a variety of challenging activities in a fun atmosphere designed for the youth ages 11-14.

When: Session 1: July 7 – 10 Session 2: July 28 - 31 Session 3: Aug 4 - 7

What time: 9am to 3pm **Where:** Racquet Club of Concord **Cost:** \$325.00

COURSE DESCRIPTION: The students will receive instruction in water safety, swimming instruction, teamwork, leadership skills, Life guarding skills, First Aid Training, CPR instruction, and AED training. The class includes a shirt, whistle with lanyard, Guard Start and CPR manuals.

At successful completion of the camp the students will receive an American Red Cross certification in Guard Start, Adult, Child, Infant CPR, AED and First Aid.

This is a great opportunity for kids to learn valuable lifeguarding skills in a safe and fun environment.

PREREQUISITES:

- Ability to swim the front crawl for 25 yards continuously while breathing to the front or side.
- Ability to tread water for 1 minute using arms and legs.
- Ability to submerge and swim a distance of 10 feet underwater.

Please complete all 4 sections of the form below; sign and mail it with payment to:	Swim NH 96 N State St Concord, NH 03301
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1. Personal Data – please fill in all fields

Full Name:					
Mailing Address:					
City:		State:		Zip:	
Phone:				E-mail:	

2. Please Check the Desired Course

Session Number:	
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3. Payment – Course fee = \$325, A non-refundable deposit of \$75 is due with form. Balance due on first day of the course.

Make check payable to:	Swim NH LLC, 96 North State Street, Concord, NH 03301		
Total Payment Amount Included:		Balance due on first day of the course.	

4. Sign it

Print Name: _____

Date: ___/___/2008

Signature: _____

If under 18 a parent or guardian must sign