



## 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.

**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 whistle with lanyard and a Guard Start manual.

At successful completion of the class the students will receive an American Red Cross certification in Guard Start.

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:	<b>Swim NH 96 N State St Concord, NH 03301</b>
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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 = \$275, 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	
<b>Total Payment Amount Included:</b>		Balance due on first day of the course.

**4. Sign it**

**Print Name:** \_\_\_\_\_

**Date:** \_\_\_/\_\_\_/20\_\_

**Signature:** \_\_\_\_\_

If under 18 a parent or guardian must sign