

## HAMILTON COMMUNITY POOL

# JUNIOR GUARDS



**Ages: 11-14**

|       |                  |               |                |        |
|-------|------------------|---------------|----------------|--------|
| M - F | June 20 - July 1 | 8:30 - 3:00pm | \$245R/\$269NR | #15518 |
| M - F | July 11-22       | 8:30 - 3:00pm | \$245R/\$269NR | #15519 |
| M - F | July 25 - Aug 5  | 8:30 - 3:00pm | \$245R/\$269NR | #15520 |

## What it's all About



Become a JUNIOR GUARD! Based off of the American Red Cross Guard Start Program. Learn how to perform rescues with a rescue tube, entries into the water, spinal injury management and basic first aid as well as how to recognize and help in an emergency. Jr. Guards will learn how to teach swim lessons and will get a chance to shadow a lifeguard for a day and if they pass the class can volunteer at the pool!



Participants should bring swim suit, change of clothes, tennis shoes, water bottle, sunscreen and a snack. Must be able to swim at least two lengths of the pool and to submerge to bottom with little assistance.



**Hamilton Community Pool**  
206 El Bonito Way  
Novato, CA 94949  
P: 415-485-3344  
[www.cityofsanrafael.org](http://www.cityofsanrafael.org)

