

TERRA LINDA JUNIOR GUARDS

Ages: 10-12

Monday- Friday

8:30-3:00pm

Cost: \$150R/\$165NR*



Session 1: June 16 - 20

Terra Linda Community Pool

21776

Session 2: June 23-27

Terra Linda Community Pool

21777

What it's all About



Become a JUNIOR GUARD!

Based on 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.

*Sign up by sending a registration by mail, fax, email or in person at the
Terra Linda Community Center.



Terra Linda Community Center & Pool
670 Del Ganado Road
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www.cityofsanrafael.org
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