

# JUNIOR LIFEGUARD CAMPS

OFFERED BY INDIANOLA PARKS & RECREATION AND THE INDIANOLA YMCA



Wonder what it would be like to work as a lifeguard? At this camp we'll spend time in the water doing relay races, treading water, and diving for objects. We'll practice everyday lifeguard skills ranging from an introduction of First Aid to hands-on water rescue techniques/scenarios. And no camp is complete without games! This valuable experience builds leadership, self-confidence, and teamwork for those interested in a future career as a certified lifeguard. Camp for Ages 13-15 will also have an intro to CPR/AED.

Participants must be able to swim 25 yards (1 full lap) without stopping and be able to tread water for 1 minute.

Each day, participants should bring: towel, water bottle, change of clothes, and goggles (if needed).

Participants will receive a breakaway lanyard, lifeguard whistle and name badge. ***This is a non-certification course for participants.***



**CAMPS WILL BE HELD AT THE INDIANOLA YMCA, 306 EAST SCENIC VALLEY AVE.**

**Min/Max: 5/15**

**11-12 Yrs Old  
Mon/Tues  
January 2-3,  
2023  
1 - 3 pm**

Prog #	Ages	Days/Dates	Time	Registration Deadline	Fee
6848	11-12 yrs	Mon & Tues Jan. 2 & 3	1:00 - 3:00 pm	Thursday, Dec. 29 *	\$30
6849	13-15 yrs	Wed/Th/Fri Dec. 28 - 30	1:00 - 3:00 pm	Thursday, Dec. 22 *	\$45

\* or when full

**13-15 Yrs Old  
Wed/Thu/Fri  
Dec. 28 - 30,  
2022  
1 - 3 pm**



**TWO WAYS TO REGISTER:  
CALL INDIANOLA PARKS & RECREATION (515) 961-9420  
<<< REGISTER ONLINE BY SCANNING QR CODE >>>  
MUST ALREADY HAVE ACCOUNT WITH PARKS & REC...  
NEW ACCOUNTS CANNOT BE CREATED ONLINE**



*This is not a school publication, nor is it in any way endorsed or sponsored by the district. This publication is being provided only to inform you of other available community activities and opportunities.*