

INDIANOLA PARKS & RECREATION

FUN TIMES

LIFESAVER EDITION

Junior Lifeguard Camp

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 and CPR/AED, 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.

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.***

Fee: \$48

Age: 11 - 15 years

Min/Max: 5/15

Location: Indianola Wellness Campus, 306 East Scenic Valley Ave.

Prog #	Days/Dates	Time	Registration Deadline
7057	Wed/Th/Fri Dec. 27 - 29	2 - 4 pm	Thursday, Dec. 15 *
7058	Mon/Tues/Wed March 11 - 13	2 - 4 pm	Friday, March 1*

* or when full



**EXISTING ACCOUNT-HOLDERS CAN
USE THE QR CODE TO REGISTER ONLINE.**

**If you need to set up an account, or add family members to your account,
please call 515.961.9420 during office hours
Monday-Friday 8am - 5pm**

**OR CALL
INDIANOLA PARKS & RECREATION AT (515) 961-9420.**

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