

# Guard Start: Lifeguard Tomorrow



Do you want to be a lifeguard but you are not old enough?

The American Red Cross Guard Start: Lifeguarding Tomorrow program is available to youth ages 11 - 15 years old who have the desire to learn about the responsibilities and duties of a lifeguard. This program will help your child build a foundation of knowledge, attitudes and skills to become a future lifeguard. Your child will receive instruction in prevention, fitness, response, leadership, professionalism and swimming skill development.

**Guard Start is NOT a lifeguard training class.**

Guard Start covers these five critical areas:

**Prevention:** Teaches how to prevent drowning and diving accidents.

**Fitness:** Develops swimming skills and general physical ability for lifeguarding responsibilities.

**Response:** Develops an understanding of the basics of emergency response techniques and provides practice of lifeguarding skills.

**Leadership:** Teaches the decision-making and communication skills necessary to succeed as a lifeguard.

**Professionalism:** Instructs participants in key skills and attitudes for the important and vital job of lifeguarding.

## Guard Start: Lifeguard Tomorrow Class 2010

### Dates & Times:

**March 12 to May 14, 2010 Friday 4-5:00PM (10 weeks)**

**May Saturdays 12:30-2:00PM for 6 weeks**

**June and August TBA**

**Meets Monday and Friday for four weeks (8 days)**

**Open To: Ages 11-15**

**Site: Waynesboro YMCA**

**Class Limit of 12 Per Class**

**Fee:**

**YMCA Members - \$45**

**Non-Members - \$90**

**Register at the Waynesboro YMCA [www.waynesboroymca.com](http://www.waynesboroymca.com)**

