

Jr. Lifeguard Program

Daily Schedule: Week 1

Day 1 - 7:45a.m.

- Check-In
 - During Check-In, games and activities occur for those who sign-in

8:45a.m.

- Orientation (Large Group Area)
 - Parents are welcome
 - Cover: expectations, goals, objectives, benefits and show a video

9:30a.m.

- Ice Breaker Games
 - Bring in Matt, Caitlyn, other park managers

10:00a.m.

- Park tour

11:00a.m.

- Intro to Lifeguarding (video and presentation)
 - Responsibility, duty, benefits

11:45a.m.

- Lunch

12:30p.m.

- Fun in the park
 - Ride the slides in 2 groups

1:30p.m.

- Snack and Water

1:45p.m.

- Recreational Games

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 2

8:00a.m.

- Check-In

8:20

- Morning Fun Activity

8:45a.m.

- Opening Swim in Wave Pool

9:00a.m.

- Stage 1 - First Aid Training
 - PPE
 - Initial assessment with video

10:00a.m.

- Break

10:15a.m.

- Entries
 - Shallow and deep
- Approach techniques

11:45a.m.

- Lunch

12:20p.m.

- Fun in the park
 - Ride the slides in 2 groups

1:00p.m.

- Con't First Aid Training
 -

1:45

- Money maker
- Toothpicks

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 3

8:00a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool

9:00a.m.

- Stage 2 - CPR Training

10:00a.m.

- Break

10:15a.m.

- Con't CPR Training

11:45a.m.

- Lunch

12:20p.m.

- Fun on the field

1:00p.m.

- Con't CPR Training

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 4

8:00a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool

9:00a.m.

- Stage 2 - Lifeguard Training

10:00a.m.

- Break

10:15a.m.

- Con't Lifeguard Training

11:45a.m.

- Lunch

12:20p.m.

- Fun on the field

1:00p.m.

- Con't Lifeguard Training

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 5

8:00a.m.

- Check-In

8:45a.m.

- Opening Swim in Wave Pool

9:00a.m.

- Stage 2 - Lifeguard Training

10:00a.m.

- Break

10:15a.m.

- Con't Lifeguard Training
- 11:45a.m.
- Lunch
- 12:20p.m.
- Fun on the field
- 1:00p.m.
- Con't Lifeguard Training
- 2:30p.m.
- Recap days events
- 2:50.m.
- Pick-Up

Day 6

- 8:00a.m.
- Check-In
- 8:45a.m.
- Opening Swim in Wave Pool
- 9:15a.m.
- Stage 2 - Lifeguard Training
- 10:00a.m.
- Break
- 10:15a.m.
- Con't Lifeguard Training
- 11:45a.m.
- Lunch
- 12:20p.m.
- Fun on the field
- 1:10p.m.
- Job Shadow
- 2:30p.m.
- Break/Re-Cap
- 2:50.m.
- Pick-Up

Day 7

- 8:00a.m.
- Check-In
- 8:45a.m.
- Opening Swim in Wave Pool
- 9:15a.m.
- Stage 2 - Lifeguard Training
- 10:00a.m.
- Break
- 10:15a.m.
- Con't Lifeguard Training
- 11:45a.m.
- Lunch
- 12:20p.m.
- Fun on the field
- 1:10p.m.
- Job Shadow
- 2:30p.m.
- Break/Re-Cap
- 2:50.m.
- Pick-Up

Day 8

- 8:00a.m.
- Check-In
- 8:45a.m.
- Opening Swim in Wave Pool
- 9:15a.m.

- Stage 2 - Lifeguard Training
- 10:00a.m.
 - Break
- 10:15a.m.
 - Con't Lifeguard Training
- 11:45a.m.
 - Lunch
- 12:20p.m.
 - Fun on the field
- 1:10p.m.
 - Job Shadow
- 2:30p.m.
 - Break/Re-Cap
- 2:50.m.
 - Pick-Up

Day 9

- 8:00a.m.
 - Check-In
- 8:45a.m.
 - Opening Swim in Wave Pool
- 9:15a.m.
 - Stage 2 - Lifeguard Training
- 10:00a.m.
 - Break
- 10:15a.m.
 - Con't Lifeguard Training
- 11:45a.m.
 - Lunch
- 12:20p.m.
 - Fun on the field
- 1:10p.m.
 - Job Shadow
- 2:30p.m.
 - Break/Re-Cap
- 2:50.m.
 - Pick-Up

Day 10

- 8:00a.m.
 - Check-In
- 8:45a.m.
 - Days schedule and LG Challenge Info (See below)
- 9:00a.m.
 - LG Challenge Begins (Parents May watch and/or assist)
- 9:45a.m.
 - Meet at _____
- 10:00a.m.
 - Thank You's
- 10:15a.m.
 - Video
- 10:45a.m.
 - Pass out certs etc....
- 11:30a.m.
 - Fun in the park, with parent
 - Parent pick-up

SAMPLE