

Jr. Lifeguard Program

“Guard In Training”

Daily Schedule:

Day 1 – 7:45a.m.

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

8:15a.m.

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

8:30a.m.

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

9:00a.m.

- Entries and Approaches

10:00a.m.

- Rescues

10:30a.m.

- Break

11:00a.m.

- Park Tour
 - Responsibility, duty, benefits

11:45a.m.

- Lunch

12:30p.m.

- Fun in the park

1:30p.m.

- Check in: Snack and Water

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 2

7:45a.m.

- Check-In

8:20

- Morning Fun Activity

8:45a.m.

- Opening Swim in Wave Pool

9:00a.m.

- First Aid Review
- CPR Review

10:15a.m.

- Break

10:30a.m.

- Extrication

11:30a.m.

- Lunch

12:00p.m.

- Begin Shadowing

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 3

7:45a.m.

- Check-In

8:20a.m.

- Morning Fun Activity

8:45a.m.

- Opening Swim in Wave Pool

9:45a.m.

- *Break*

10:00a.m.

- Backboarding Introduction

10:45a.m.

- CPR Scenarios

11:30a.m.

- Lunch

12:00p.m.

- Shadowing

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 4

7:45a.m.

- Check-In

8:20a.m.

- Morning Fun Activity

8:45a.m.

- Opening Swim in Wave Pool
- Backboarding Con't

10:30a.m.

- *Break*

10:45a.m.

- What have you learned about the Park
 - Biggest Rules Broken
 - Difference in Guards
 - Slide Rules
 - Character and Responsibility

11:30a.m.

- Lunch

12:00p.m.

- Shadowing

2:30p.m.

- Recap days events

2:50.m.

- Pick-Up

Day 5

7:45a.m.

- Check-In

8:20a.m.

- Morning Fun Activity

8:45a.m.

- Wave Pool
 - Full Review

10:30a.m.

- Break

10:45a.m.

- CPR Review – Scenarios

11:45a.m.

- Lunch

12:20p.m.

- Shadowing

2:00p.m.

- Graduation Ceremony

2:50.m.

- Pick-Up