



2013

Junior Lifeguard Program

Northwood Park Pool No. 4 (www.pool4.com) P.O. Box 32025 San Jose, CA 95152 408-263-6155

Designed for kids ages 10-14, the Junior Lifeguard program helps build a foundation of knowledge, attitudes and skills for future lifeguards. Junior Lifeguarding has a strong focus on developing swimming skills to help participants meet the Lifeguarding course prerequisite. The course also introduces participants to lifesaving skills, such as use of a rescue tube, first aid, and introduction CPR and AED. Participants may have the opportunity to shadow lifeguards in rotation to get a real sense of being on the job.

Ages: 10-14

Swimmers: Level 4 or better

Dates: June 18 - 27 **

Dates: (June 18, 19, 20, 24, 25, 26, 27)

Hours: 6:30 PM - 8:00 PM each evening

Cost: \$100

Initial Swim test administered at 4PM on June 18* or tested separately if other arrangements made (email JRLG@pool4.com)

Skills include: FreeStyle, BackStroke and Breast (have an understanding of breaststroke - though not mastery), tread for more than 30 seconds

Final swim/skill test: to be administered on June 28 - times to be determined based on total number of participants enrolled in program

Parent/Guardian's Name _____

Address _____

City _____ Zip _____ Phone/Cell _____

Email _____

Child's Name _____ Age _____

Child's Name _____ Age _____

TOTAL FEES DUE: _____

MAKE CHECKS PAYABLE TO NPJA # 4

I understand that (1) I am putting my child in the ALL of the days of training. (3) Any classes my child misses will **NOT** be changed or refunded. (2) There are **NO** cancellations /refunds once the training has begun.

Parent Signature

Date

Office use only: Check # _____ Date _____ Rec'd By _____ Recorded _____
2013_JRLG_enroll