



Parent Information & Preparation

- Class size will be limited to 20 participants per session on a first come first serve basis
- The Junior Lifeguard Program is not a swim school. Therefore, prospective students are screened at a tryout test to see if they have the minimum skills to benefit from the Program. The instructors approve a child's skill level based upon successful completion of the test and on the child's swimming competence and confidence.

The tryout test consist of:

- Swim 100 yards
- Swim 10 yards underwater
- Tread water for 3 minutes

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ATLANTIC BEACH JUNIOR LIFEGUARD PROGRAM



The Town of Atlantic Beach is proud to offer an exciting opportunity for our community youth to participate in our free Junior Lifeguard Program.

If interested in receiving a registration application, please contact Chief Adam Snyder at the phone number below.

Town of Atlantic Beach
125 West Fort Macon Road
Atlantic Beach, NC 28512
(252) 726-7361

LIFEGUARD

Goals & Objectives

- Provide an educational and recreational environment to instruct young people on how to handle themselves safely in a variety of open water situations.
- To educate participants in skills necessary to assist others in an emergency situation.
- To help participants build a sense of teamwork and self respect that will be an asset to future endeavors.
- To increase the awareness of our young people have of our environment and the vital part it plays in all our lives.



Activities

Recreational: Ocean swimming, surf skills, running, paddling, wave riding, volley ball, beach games, etc.

Health & Safety: CPR instruction and certification, first-aid, environmental safety, physical fitness.

Lifesaving: Preventative life guarding, rescue board techniques, reading ocean conditions and hazards, distressed swimmer, rip current recognition, and mock rescues.

Educational: Marine Biology, Oceanography, Community Resources.

Program Details

Two sessions will be conducted for the summer of 2010. The two sessions are broken down by age group. Each session is run Monday through Friday from 9:00 am to 12:00 pm. We will take two field trips during the week to the NC Aquarium and US Coast Guard Base which will last till 4:00 pm.

June 14-June 18 (Ages 9-12)

July 12- July 16 (Ages 13-17)

This program is Free! Instruction, supervision, and activities are managed by the Atlantic Beach Ocean Rescue Program.

Uniform shirts will be provided and participants shall wear red bathing suits suitable for athletic activities.

Participants are asked to provide their own lunch bag, towel and sun screen.

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junior

LIFEGUARD