Junior Lifeguard Club Summer Camps

Junior Lifeguard camp is an introduction to the world of lifesaving and lifeguard competitions. Participants learn what actual lifeguards do in real situations and some competition techniques. The Club also prepares members to be future members of our Lifeguard Team. Ratio of certified instructors to campers is approximately 1:12. Campers work to develop and improve swimming and aquatic skills with emphasis on:

Swimming skills
Lifesaving skills
Personal fitness
Community education
Lifesaving knowledge
Leadership and teamwork
You can earn 7 different
Recognition Seals.

You can also earn Lifesaving Awards:

Canadian Swim Patrol Awards
(Rookie Patrol, Ranger Patrol, Star Patrol)
Basic First Aid CPR-A
Lifesaving Fitness
(Bronze, Silver, or Gold levels)

Activities include:

Swimming
Cooperative games
Competitive games
Canoeing
Snorkelling
Diving
Shadow guarding
Lifesaving skills, rescues, first aid
Crafts

Registration Includes:

Friday "Pizza Day"
(you don't have to pack a lunch)
Junior Lifeguard T-shirt
(to be worn every day)
Junior Lifeguard water bottle
Junior Lifeguard whistle
Water log (to report daily progress)

The Coach:

- Treats all club members fairly and equally.
- Encourages fair play and helping others.
- Emphasizes skill development, good effort and participation.
- Offers constructive feedback.
- Sets reasonable goals.
- Invites club members' input.
- Lets kids know what is expected of them.

Telegames:

- Club level competition that is held at Brock's pool.
- Designed to encourage youth to participate in some serious fun where kids learn skills essential to becoming a Lifeguard.
- Club members can compare their performance with other Jr. Lifeguards online.

For results, visit www.lifesavingsociety.com and click on the linkq for Jgdcq_tgle Qnmpr* Competition* Hs lgmp Jgdces_pb Telegames* _lb Results.

Who can attend?
Children 8-15 years old who can swim a minimum of 25m and tread water for 2 minutes.

Dates:
July 3-6, July 9-13, July 16-20,
July 23-27, July 30-August 3,
August 7-10, August 13-17,
August 20-24

Fee: $170/week ($135 July 3-6 & Aug. 7-10) Includes a Jr. Lifeguard Camp t-shirt, water bottle, whistle, water log (ask about our $10/child family discount). Before/after care is available from 8-9 am and 4-5 pm for only $40/session.

Registration:
There are 2 easy ways to register for Jr. Lifeguard Camp...

Option 1: Call the Welcome Desk at 905-688-5550 x4060 and have your VISA or MasterCard number ready for payment.

Option 2: Visit the Welcome Desk and pay by cash, cheque, debit card, VISA, or MasterCard.

SUMMER 2012
SWIMMING LESSON
REGISTRATION
starts Monday, June 11, 5 p.m.
Phone-in: 905-688-5550 x4060
or visit the Welcome Desk
in the Walker Complex.

FALL 2012
SWIMMING LESSON
REGISTRATION
starts Saturday, August 25, 9 a.m.
Phone-in: 905-688-5550 x4060
or visit the Welcome Desk
in the Walker Complex.

LIFESAVING SOCIETY®
The Lifeguarding Experts

Brock University

Junior Lifeguard Summer Camps 2012

905 688 5550 x4060
brocku.ca/aquatics