









JR. GUARD

Big Bear Valley Rec. & Park Junior Lifeguard

This Jr. Lifeguard program is directed toward youth between 10 and 14 years old. Candidates will be given the opportunity to develop teamwork and leadership, increase swimming skills, perform rescue techniques, and understand the responsibilities of aquatic personnel and first responders.

Age: 10 years old to 14 years old

Min. Requirements: Swim 100 yards nonstop

(Must be able to...) Tread water for 2 minutes nonstop

Swim down 10 feet

When: June 14-17th (3 hr. class) \rightarrow 11a-2p

July 14-15th (6 hr. class) \rightarrow 9a-3p

Where: The Ranch swimming pool

Prices: \$85

41220 Park Ave. PO Box 2832

Big Bear Lake, CA 92315

TID-800751020



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