

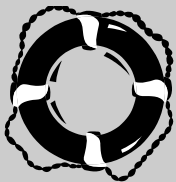
## Philosophy & Objectives

The Junior Lifeguard Camp is a fun and exciting program providing quality water safety education for participants 13-14 years of age.

Instructors emphasize respect for self, others, and the aquatic environment.

Focus is given to personal safety, rescue techniques, water safety instruction, improved physical conditioning and fun.

Junior Lifeguards are a vital part of our aquatics team. At age 15, they have the opportunity to become professional Swim Instructors/ Lifeguards with the City of Palo Alto.



Aquatics  
Recreation Division  
1305 Middlefield Road  
Palo Alto, CA 94301

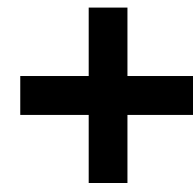


## Recreation



# Junior Lifeguard Camp

2009



Water Safety Education  
Lifeguard Skills  
CPR & First Aid  
Water Games  
Physical Conditioning

650.463.4916  
[www.cityofpaloalto.org/enjoy](http://www.cityofpaloalto.org/enjoy)

# Junior Lifeguard Camp

## Personal Safety

Junior Lifeguards learn how to recognize aquatic hazards, engage in self-rescue, minimize sun exposure, and practice healthy habits.

## Rescue Techniques

Junior Lifeguards learn lifesaving skills and receive hands-on training using professional lifeguard equipment. First Aid & CPR will be introduced. Participants will "shadow" staff and serve as another set of eyes protecting patrons.

## Water Safety Instruction

Junior Lifeguards co-teach classes with Swim Instructors and learn the fundamentals of swim instruction as well as proper swim technique.

## Physical Conditioning

Junior Lifeguards will experience improved fitness through stretching, swimming, and rescue activities.

## Fun

Junior Lifeguards enjoy swimming, diving, and games which provide for many laughs and smiles.

## The Camp

The format of the Junior Lifeguard Camp introduces you to the necessary skills to become a member of our aquatics team. In order to participate, you need to sign up for either Training Session 1 or 2 and then a corresponding program session which is a two week course occurring at either Rinconada or PAUSD site pool, Mondays through Thursdays. Training Sessions are mandatory for new and returning junior lifeguards and will focus on leadership, management, city policies and other skills you will need to be a successful junior lifeguard. If you sign up for Training Session 1, please sign up for Program Session 1 and/or 2. If you sign up for Training Session 2, please sign up for Program Session 3 and/or 4.

## Staff

Participants will be under the supervision of Pool Managers. Assistant Pool Managers and senior aquatics staff will directly work with Junior Lifeguards. All activities will be closely monitored for safety purposes.

## Registration

### Online:

[www.cityofpaloalto.org/enjoy](http://www.cityofpaloalto.org/enjoy)

### Drop-in:

Lucie Stern Community Center

## Fees

### Training Sessions

Residents: \$150  
Non Residents: \$175

### Sessions

Residents: \$95  
Non Residents: \$110

## Trainings & Sessions

### Training Session 1

6/15/09-6/19/09  
9:00am to 12:00pm

### Sessions:

Rinconada Pool Session 1:  
6/22/09-7/3/09 (10am to 3pm)  
PAUSD Site Session 1:  
6/22/09-7/3/09 (1:15pm to 6:15pm)  
Rinconada Pool Session 2:  
7/6/09-7/17/09 (10am to 3pm)  
PAUSD Site Session 2:  
7/6/09-7/17/09 (1:15pm to 6:15pm)

### Training Session 2

7/13/09-7/17/09  
9:00am to 12:00pm

### Sessions:

Rinconada Pool Session 3:  
7/20/09-7/31/09 (10am to 3pm)  
PAUSD Site Session 3:  
7/20/09-7/31/09 (1:15pm to 6:15pm)  
Rinconada Pool Session 4:  
8/3/09-8/14/09 (10am to 3pm)  
PAUSD Site Session 4:  
8/3/09-8/14/09 (1:15pm to 6:15pm)