

## Jr. Lifeguard Camp-Session 1



Jr. LG Schedule Week 1	Monday June 1 <sup>st</sup>	Tuesday June 2 <sup>nd</sup>	Wednesday June 3 <sup>rd</sup>	Thursday June 4 <sup>th</sup>	Friday June 5 <sup>th</sup>
<b>8:30-9:00 a.m.</b>	<b>Drop Off</b>	<b>Drop Off</b>	<b>Drop Off</b>	<b>Drop Off</b>	<b>Drop Off</b>
<b>9:00 -10:00a.m.</b>	Lifeguard Shadow	Lifeguard Shadow	Lifeguard Shadow	Lifeguard Shadow	Lifeguard Shadow
<b>10:00-11:00 a.m.</b>	CPR Class	CPR Class	CPR Class	CPR Class	CPR Class
<b>11:00 a.m.-12:00 p.m.</b>	Gym	Gym	Gym	Gym	Gym
<b>12:00 p.m.-12:30 p.m.</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>12:30-1:30 p.m.</b>	Dodgeball	Card Games	Capture the Flag	Card Games	Ultimate Frisbee
<b>1:30 p.m.-2:00p.m.</b>	CPR Review (on deck)	CPR Review (on deck)	CPR Review (on deck)	CPR Review (on deck)	CPR Review (on deck)
<b>2:00 p.m.-3:00 p.m.</b>	Swim Skills (Test)	Swim Skills (Treading/Toe)	Swim Skills (Relay Games)	Swim Skills (Scanning Game)	Diving Boards
<b>3:00 p.m.</b>	Lane Change	Lane Change	Lane Change	Lane Change	Lane Change
<b>3:30 p.m.</b>	<b>Pick up</b>	<b>Pick up</b>	<b>Pick up</b>	<b>Pick up</b>	<b>Pick up</b>

## Jr. Lifeguard Camp-Session 1



Jr. LG Schedule Week 2	Monday June 8 <sup>th</sup>	Tuesday June 9 <sup>th</sup>	Wednesday June 10 <sup>th</sup>	Thursday June 11 <sup>th</sup>	Friday June 12 <sup>th</sup>
8:30-9:00 a.m.	Drop Off	Drop Off	Drop Off	Drop Off	Drop Off
9:00 -10:00a.m.	Lifeguard Shadow	Lifeguard Shadow	Lifeguard Shadow	Lifeguard Shadow	Lifeguard Shadow
10:00-11:00 a.m.	First Aid	First Aid	First Aid	First Aid	First Aid
11:00 a.m.-12:00 p.m.	Gym	Gym	Gym	Gym	Gym
12:00 p.m.-12:30 p.m.	Lunch	Lunch	Lunch	Lunch	Potluck and Pianta
12:30-1:30 p.m.	Dodgeball	Card Games	Capture the Flag	Card Games	
1:30 p.m.-2:00p.m.	First Aid Review (on deck)	First Aid Review (on deck)	First Aid Review (on deck)	First Aid Review (on deck)	
2:00 p.m.-3:00 p.m.	Swim Skills (Brick)	Swim Skills (Treading/Toe)	Swim Skills (Relay Games)	Swim Skills (Scanning Game)	Diving Boards
3:00 p.m.	Lane Change	Lane Change	Lane Change	Lane Change	Lane Change
3:30 p.m.	Pick up	Pick up	Pick up	Pick up	Pick up