

SOUTHAMPTON VILLAGE JUNIOR LIFESAVING PROGRAM

Saturday Mornings July 9,16,23,30 and August 6th, 2022
Coopers Beach

Age groups: Boys and girls ages 11-14 8:30-10am (\$125 total)

Boys and Girls ages 9-10 10:15-11:15am (\$150)

This course will help build the knowledge, attitudes and skills for future lifeguards. The goal of the program is to introduce participants to lifesaving skills in and around the ocean. The following skills will be taught:

- Ocean swimming
- Beach run
- Flag colors/meaning
- Current and Riptide education
- Swimming with a rescue tube/torpedo
- Beach agility course
- Introduction to First Aid and CPR

**There will be a Pretest/Evaluation at
SYS Pool** Saturday June 25th at
9:30am

Skills needed to qualify:

*100yd swim (4 laps in a pool continuous)

*tread water for 5 min. *retrieve a brick from bottom of pool

Contact: Brennan.christine@yahoo.com for more info/ registration

