

## Jr. Lifeguard

This program is designed to guide youth to the American Red Cross lifeguarding program by building a foundation of knowledge, attitudes, and skills for future lifeguards. Campers must bring lunch, drinks and snacks daily.

**Age:** 11-14 (age as of session date)

**Time:** 10:00am-2:00pm

**PBG Aquatic Complex**

Code	Week	Date	Fee/RDF
220804-7	7	Jul 26-30	\$120/\$100
220804-9B	Post	Aug 9-13	\$120/\$100

**Instructor:** Aquatic Staff **Min/Max:** 7/15



## Lifeguard Training

Participants receive certifications in Lifeguard Training, First Aid, CPR, AED and Oxygen Administration. Campers must bring lunch, drinks and snacks daily. CPR pocket mask and Lifeguarding Manual will be supplied the first day of class.

**Age:** 15 years up (age as of session date)

**Time:** 8:00am-5:00pm

**PBG Aquatic Complex**

Code	Week	Date	Fee/RDF
230801-3	3	Jun 28-Jul 2	\$300/\$250

**Instructor:** Aquatic Staff **Min/Max:** 7/10

**\*Note:** Taking this course does not guarantee certification. Students must successfully complete required course objectives.

## Stroke and Turn Clinic

Our Stroke and Turn Clinic is designed for the competitive swimmer who wishes to improve their skills while they are out of school for the summer. Intensive skill work using drills is emphasized during the 4 hour session. Campers must bring lunch, drinks and snacks daily.

**Age:** 8-17 (age as of session date)

**Time:** 11:00am-3:00pm

**PBG Aquatic Complex**

Code	Week	Date	Fee/RDF
220804-0	Pre	Jun 7-11	\$84/\$70
220804-8	8	Aug 2-6	\$84/\$70

**Instructor:** Aquatic Staff **Min/Max:** 10/25



## Aquatic Camp

Have some fun in the sun this summer at the pool during this all aquatic camp! Basketball, diving boards, slip-n-slide, inner tube races, water polo, diving and much more! Campers must bring lunch, drinks and snacks daily. **Camp will meet on July 5.**

**Age:** 7-13 (age as of session date)

**Time:** 10:00am-4:00pm

**PBG Aquatic Complex**

Code	Week	Date	Fee/RDF
220804-4	4	Jul 5-9	\$162/\$135
220804-9A	Post	Aug 9-13	\$162/\$135

**Instructor:** Aquatic Staff **Min/Max:** 10/25

## Make Like a Mermaid (2 week session—M/W/F) Beginner Synchronized Swimming

The swimmers will learn a choreographed routine similar to a dance routine but in the water! Swimmers learn to work together and coordinate their swimming techniques while building endurance, elegance and coordination. Knowledge of freestyle, breast stroke and back stroke is a must, with the ability to swim one length of each stroke.

**Age:** 6 years up (age as of session date)

**Time:** 9:00am-Noon

**PBG Aquatic Complex**

Code	Week	Day	Date	Fee/RDF
220804-1	1-2	M/W/F	Jun 14-25	\$84/\$70
220804-5	5-6	M/W/F	Jul 12-23	\$84/\$70

**Instructor:** Aquatic Staff **Min/Max:** 10/20