



**American  
Red Cross**

# **GUARD START**

**LIFEGUARDING TOMORROW**

**GuardStart is a Jr. Lifeguard program for kids that provides a foundation of aquatic and leadership knowledge, attitudes and skills for the future for ages 11-14**

## **Students in GuardStart focus on 5 different sections**

### **1. Prevention**

- Learn about the causes and ways to prevent drowning and diving accidents.
- Learn how to supervise others around the water
- Learn how to recognize when someone is in trouble.

### **2. Fitness**

- Improve swimming stroke mechanics, endurance, strength and physical fitness level for the skills necessary to become a lifeguard.

### **3. Response**

- Demonstrate, with prompting, how to perform self-rescue.
- Demonstrate, with prompting, how to assist others in trouble in the water.
- Demonstrate, with prompting, how to provide basic-level first aid, CPR and AED.

### **4. Leadership**

- Learn about leadership characteristics and skills necessary to become a lifeguard, including how to communicate effectively, make informed decisions, be an effective leader, be part of a team and provide good customer service.

**5. Professionalism**

- Learn how to search and apply for a job and prepare for an interview.
- Understand the importance of providing quality customer service.

*Students must pass a skills test to qualify for this class*

*\*Skills include: Continuously swimming for 25yds, treading water for one minute, and swimming underwater 10ft.*

**This is NOT the certified Lifeguard class**

***Class dates: August 2<sup>nd</sup>-12<sup>th</sup>***

***Mon-Thurs, 4:30- 6:30***

***Cost: \$75***

***(Includes T-Shirt, Book, and Whistle)***

**Please call 810-626-2279 to register  
Registration deadline July 26**

**Class taught by a Red Cross Lifeguard Instructor  
Hartland Aquatic Center is a Red Cross Authorized  
Provider**

**We reserve the right to cancel if the class minimum of 6 participants is not met**

