

Guard Start

Summer 2009

This American Red Cross program is designed to guide youth towards the life guarding certificate program. It begins by building a foundation of knowledge, attitudes, and skills and consists of five categories: Prevention, Fitness, Response, Leadership, and Professionalism.

A swimming test is required for all participants. Requisite swimming is 300 yards (12 widths of the 25-meter pool) using any stroke comfortably.

Session I: June 16 to July 2

Session II: July 14 to 30

Tuesdays, Wednesdays & Thursdays

9:30 a.m. to 12:30 p.m.

\$70 per session

Registration begins April 20.

Each session includes 9 classes for a total of 27 hours.

Ages 11 to 14

For more information, call 954-345-2121.

The Coral Springs Aquatic Complex is located in the Sportsplex, which is just east of the Sawgrass Expressway between Sample Road and Royal Palm Boulevard, at 12441 Royal Palm Boulevard.

