

# Guard Start

Summer 2011

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.

**Ages 11 to 14**

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 14 to 30**

**Session II: July 12 to 28**

Tuesdays, Wednesdays & Thursdays

9 a.m. to noon

\$70 per session

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



**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.



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**CORAL SPRINGS**

City of Coral Springs Aquatic Services  
CoralSprings.org • 954-345-2121

