

2022 YMCA Jr. Lifeguard Camp

July 27th– July 1st



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Activities:</p> <ul style="list-style-type: none"> ◇ 300 yard swim test ◇ Education: In water rescue approach Strokes ◇ Hands On Activity (Rescues) ◇ 5 Stroke Review and Enhancement 	<p>Activities:</p> <ul style="list-style-type: none"> ◇ Aerobic Exercises ◇ Education: CPR ◇ Hands On Activity (CPR) ◇ In water Recue ◇ Education Boating and Open Water Safety 	<p>Activities:</p> <ul style="list-style-type: none"> ◇ Field Trip: Palmetto Beach 	<p>Activities:</p> <ul style="list-style-type: none"> ◇ Aerobic Exercises ◇ Education: First Aid ◇ Hands On Activity (First Aid) ◇ Team Life Saving Relays 	<p>Activities:</p> <ul style="list-style-type: none"> ◇ Aerobic Exercises ◇ Education: Emergency Situations ◇ Hands On Activity (Emergency Action Plan) ◇ Cow Ceremony
<p>Bring:</p> <ul style="list-style-type: none"> ◇ Sunscreen ◇ Water ◇ 2 snacks, lunch ◇ Towel 	<p>Bring:</p> <ul style="list-style-type: none"> ◇ Sunscreen ◇ Water ◇ 2 snacks, lunch ◇ Towel 	<p>Bring:</p> <ul style="list-style-type: none"> ◇ Pizza Money Due, \$2/slice ◇ Water ◇ 2 snacks, lunch ◇ Towel 	<p>Bring:</p> <ul style="list-style-type: none"> ◇ Sunscreen ◇ Water ◇ 2 snacks, lunch ◇ Towel <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 10px;">Pizza Day</div>	<p>Bring:</p> <ul style="list-style-type: none"> ◇ Sunscreen ◇ Water ◇ Light Lunch, Pizza \$2/slice ◇ Towel
<p>Skills:</p> <ul style="list-style-type: none"> ◇ Preventative Lifeguarding Skills 	<p>Skills:</p> <ul style="list-style-type: none"> ◇ CPR Education 	<p>Skills:</p> <ul style="list-style-type: none"> ◇ Ocean Safety ◇ Marine Life open water Education 	<p>Skills:</p> <ul style="list-style-type: none"> ◇ First Aid Education 	<p>Skills:</p> <ul style="list-style-type: none"> ◇ How to respond in an emergency situation