



Jr. Lifeguard Camp 2025

Activity Calendar

Week 8

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Week Of: July 21st-July 25th

Theme: POP!

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome to Camp! <ul style="list-style-type: none"> 300 Yard Swim Test Water Rescues Hands on Rescues 3 Stroke Review & Enhancement 	<ul style="list-style-type: none"> Aerobic Exercises CPR Education CPR Hands On Boating & Open Water Education 	PIZZA MONEY DUE! <ul style="list-style-type: none"> Field Trip: Coconut Cove Waterpark Depart: 9:30AM Return: 1:30PM 	PIZZA DAY! <ul style="list-style-type: none"> Aerobic Exercises 1st Aid Education Hands on 1st Aid Life Saving Relays 	COW CEREMONY! <ul style="list-style-type: none"> Emergency Situations Education Hands on Emergency Action Plans
Special Things to Bring	Special Things to Bring	Special Things to Bring	Special Things to Bring	Special Things to Bring
<ul style="list-style-type: none"> Come in Bathing Suit Bring Towel, Goggles (recommended), Sunscreen & Change of Clothes 	<ul style="list-style-type: none"> Come in Bathing Suit Bring Towel, Goggles (recommended), Sunscreen & Change of Clothes 	<ul style="list-style-type: none"> WEAR CAMP SHIRT! Pizza Money- \$2 per slice; please put in envelope with child's name & group Come in Bathing Suit Bring Towel, Goggles (recommended), Sunscreen & Change 	<ul style="list-style-type: none"> Come in Bathing Suit Bring Towel, Goggles (recommended), Sunscreen & Change of Clothes 	<ul style="list-style-type: none"> Come in Bathing Suit Bring Towel, Goggles (recommended), Sunscreen & Change of Clothes

Below are list of items campers will need to bring daily...

NUT FREE lunch & two snacks (morning snack & afternoon snack), water bottle, bathing suit (come dressed in), towel, sunscreen and dry clothes

****Please label all children's belongings with their first and last name****

Schedule & Activities are subject to change without notice