

DIVE-ON-IN JUNIOR LIFEGUARDING CAMP

Keep your kids active this summer as they learn valuable lifesaving skills, mixed with a little fun.

They'll get a taste of what it takes to be a lifeguard as they learn the aspects of American Red Cross lifeguarding, CPR, and first aid skills. There will also be swimming instruction with a focus on freestyle technique and water drills to build endurance.

When the work is done, the fun and excitement continues with water games. Must be able to comfortably swim 50 yards. Lunch will be provided.

July 16-20

Program Code: 790102

August 20-24

Program Code: 790103

Monday-Friday, 9 a.m.-3 p.m.

\$300 (M), \$330 (NMCM), \$360 (NM)

 (M)=Member, (NMCM)=Non-Member Child of Member, (NM)=Non-Member



Open to members and non-members. Minimum of 7 enrollees required. If minimum is not met, class will be cancelled. For more information, please contact: Aquatics, (425) 861-6274 or aquaticsinfo@proclub.com.

PRO
Sports Club

Updated: 11/11/2011