West Sacramento Recreation Center Presents

$170.00
TWO WEEK CAMP

CAMP GUARD
SUMMER TRAINING

TRAIN TO BECOME A LIFEGUARD!

LIFEGUARDING & INSTRUCTING 101
Campers learn rescue skills and teaching techniques, build endurance through swimming and games, and shadow lifeguards and swim instructors. Students should be comfortable swimming front crawl and breast stroke in deep water. Students must volunteer 30 hours after completion of the class throughout the summer. The Camp Guard program is not a certification program.

Registration includes a shirt

Monday-Thursday
JUNE 11th - 21st
10:00AM - 2:00PM

REGISTER ONLINE OR AT THE REC CENTER
WWW.WESTSACFUN.ORG | 916.617.4770