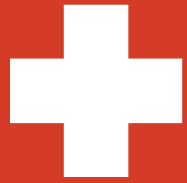


# NORTH FORT MYERS COMMUNITY POOL



# JUNIOR LIFEGUARD CAMP



## Monday June 22

**10 a.m.**  
Introduction to staff, facility  
and course outline!  
Sunscreen



**10:30 a.m.**  
ICEBREAKER!

**11 a.m.**  
EAP & How to be professional

**11:30 a.m.**  
Ambulance visit!

**12:30 p.m.**  
Stroke development

**1:30 p.m.**  
Lunch and sunscreen!

**2 p.m.**  
Scanning, zones, 10/20

**2:30 p.m.**  
Assists. reaching / extension  
rescues.

**3 p.m.**  
Guest Speaker!

## Tuesday June 23

**10 a.m.**  
Go over days events!  
Sunscreen



**10:30 a.m.**  
CRAFTS!

**11:30 a.m.**  
Review scanning

**12 p.m.**  
Lunch & Sunscreen!

**12:30 p.m.**  
Rescue Breathing

**1 p.m.**  
STAAR, guard  
communication/whistles,  
compact jumps & approach  
strokes

**2 p.m.**  
Front, Rear & Multiple  
Rescues. Escapes & Rescue  
breathing in water

**3 p.m.**  
Competitive swimming skills

## Wednesday June 24

**10 a.m.**  
Go over days events!  
Sunscreen



**10:30 a.m.**  
Review Rescues & Rescue  
Breathing

**11 a.m.**  
Practice rotation, 3 point  
contact & proper  
communication



**12 p.m.**  
Guest Speaker!

**12:30 p.m.**  
CPR (Adult, infant, child)

**1 p.m.**  
Lunch and sunscreen!

**2 p.m.**  
CPR Relay! (Adult & Child)

**2:45 p.m.**  
How do we keep the pool  
clean?

**3:15 p.m.**  
Sharks and Minnows!



## Thursday June 25

**10 a.m.**  
Go over days events!  
Sunscreen



**10:30 a.m.**  
Review CPR!

**11 a.m.**  
Using a Backboard

**11:45 a.m.**  
Put it all together!  
Trying out compact jumps,  
rescues etc. in a scenerio

**12:45 p.m.**  
Lunch & Sunscreen!

**1:15 p.m.**  
Slide duty!

**1:45 p.m.**  
Basic First Aid

**2 p.m.**  
Heimlich (Adult, Child, Infant)

**3:15 p.m.**  
Tube Races!



## Friday June 26

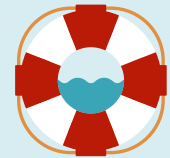
**10 a.m.**  
Go over days events!  
Sunscreen

**10:30 a.m.**  
Review Heimlich & First Aid!

**11 a.m.**  
Guest speaker!

**11:45 a.m.**  
Glove Relay!

**12:30 p.m.**  
Lunch and Sunscreen!



**Please bring a  
pair of sneakers!**

- **Camp Hours** 10:00 a.m. - 4:00 p.m.
- Questions? Contact the Camp Director
- Calendars are subject to change



**CAMP DIRECTOR:**  
Amy Pendarvis | [apendarvis@leegov.com](mailto:apendarvis@leegov.com)

**NORTH FORT MYERS COMMUNITY POOL**  
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