

# SAN CARLOS COMMUNITY POOL



## JUNIOR LIFEGUARD CAMP



**Monday  
June 22**

**10 a.m.**  
Welcome to camp,  
introductions and more!

**11 a.m.**  
Guest Speaker  
Park Ranger



**12 p.m.**  
Lunch

**2 p.m.**  
Proactive surveillance  
methods

**3 p.m.**  
Basic Water Safety & the  
S.T.A.A.R. Rescue Model

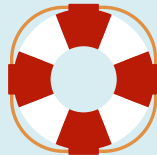
**Tuesday  
June 23**

**10 a.m.**  
Guest Speakers  
Intro to kayak & SUP



**12:30 p.m.**  
Lunch

**1 p.m.**  
Water rescues



**2 p.m.**  
Airway management

**3 p.m.**  
Choking 101

**Wednesday  
June 24**

**10 a.m.**  
Guest Speaker & Tutorial  
Dean's Dive Center

**10:30 a.m.**  
Snorkel/Skin Diving  
Bring your snorkel gear!

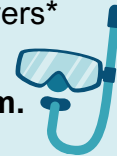
\*Participants must have  
signed waivers\*

**12:30 p.m.**  
Lunch

**1:30 p.m.**  
Intro to CPR

**2:30 p.m.**  
Emergency oxygen & AED

**3 p.m.**  
Guest Speaker  
Lee County Sheriff's Office



**Thursday  
June 25**

**10 a.m.**  
Field Trip to Estero River  
Outfitters Kayak Excursion

\*Participants must have  
signed waivers\*

**12:30 p.m.**  
Lunch

**1 p.m.**  
Pool Chemistry



**2 p.m.**  
Survival Swimming

\*Please bring long pants  
and a button down shirt for  
this activity\*

**Friday  
June 26**

**10:30 a.m.**  
Guest Speaker  
San Carlos Fire Rescue

**11:15 a.m.**  
Guest Speaker  
Lee County EMS

**12:30 p.m.**  
Lunch

**1:30 p.m.**  
Spinal injury rescue  
methods

**2 p.m.**  
Basic first aid



**3 p.m.**  
Water games, relays &  
certificates

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



**CAMP DIRECTOR:**  
Arthur Harrington

**SAN CARLOS COMMUNITY POOL**  
(239) 267-6002