

South Bethany Junior Lifeguards



Join us for weekly sessions in first-aid, CPR, ocean safety, rescue techniques, and physical fitness.

All Sessions 10:30 am-11:30 @ South 2nd Street Lifeguard Shack

Session 1 July 7

Session 2 July 12, 14

Session 3 July 19, 21

Session 4 July 26, 28

Session 5 Aug 2, 4

Session 6 Aug 9, 11

Session 7 Aug 16, 18

Session 8 Aug 23, 25

Activities Include...

PHYSICAL ACTIVITIES: Beach flags, sprints, push-ups, pull-ups, core strengthening, yoga, team games, and paddle boarding.

HEALTH AND SAFETY ACTIVITIES: CPR, first-aid, environmental safety, nutrition.

OCEAN LIFESAVING ACTIVITIES: Preventative lifesaving skills, rescue training, ocean currents, hazards, distressed swimmers, and mock rescues.

***CHILDREN MUST BE BETWEEN THE AGES OF 9-15 AND HAVE PRIOR SWIMMING EXPERIENCE.**

Applications are available online at www.southbethany.org or can be picked up at Town Hall

South Bethany Town Hall

402 Evergreen Road

South Bethany, DE 19930

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