

Flagler Beach Junior Lifeguards



The City of Flagler Beach Junior Lifeguard Camp is open to students ages of six to fifteen. It is a traditional Junior Lifeguard Camp Program which stresses ocean safety, physical fitness, teamwork, and basic Junior Lifeguard competition skills. Students will learn skills in CPR, First Aid, basic ocean rescue, ocean safety, surfing, and beach competition events.

The Junior Lifeguard Camp involves deep water swimming activities conducted in a lifeguard supervised environment. In order to participate in such activities all prospective students **must** demonstrate the minimum skills required to insure their safety. **These skills include (1) swimming 100 yards in deep water in less than 2 minutes 30 seconds, (2) treading in deep water for two minutes, and (3) retrieving a submerged object from a depth of 5 feet.** Please understand that if a child is unable to physically complete all phases of testing, he or she may still participate in the **Junior Lifeguard Camp**, but will be limited in certain ocean swimming activities.

2019 PROGRAM DATES

Session 1: Junior Lifeguard Camp	June 3 – June 7	9:30am – 12:30pm
Session 3: Junior Lifeguard Camp	June 17 – June 21	9:30am – 12:30pm
Session 5: Junior Lifeguard Camp	July 8 – July 12	9:30am – 12:30pm
Session 7: Junior Lifeguard Camp	July 22 – July 26	9:30am – 12:30pm