

2019 South Bethany Junior Lifeguards Program



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 2, 4
Session 2 July 9, 11
Session 3 July 16, 18
Session 4 July 23, 25
Session 5 July 30, Aug 1
Session 6 Aug 6, 8
Session 7 Aug 13, 15
Session 8 Aug 20, 22

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.delaware.gov
or can be picked up at

South Bethany Town Hall
402 Evergreen Road
South Bethany, DE 19930
(302) 539-3653