






JUNIOR LIFEGUARD CAMP AGES 10 to 14

MONDAY, July 8	TUESDAY, July 9	WEDNESDAY, July 10	THURSDAY, July 11	FRIDAY, July 12
<p>Daily Activities</p> <p>10:00</p> <p>INTRO TO STAFF, FACILITY, AND COURSE OUTLINE</p> <p>11:00</p> <p>TEST IN</p> <p>12:00</p> <p>LUNCH</p> <p>1:00</p> <p>VICTIM RECOGNITION TRAINING (VRT) 3D SCANNING STROKE DEVELOPMENT</p> <p>2:00</p> <p>COMPACT JUMPS CONSCIOUS RESCUE</p> 	<p>Daily Activities</p> <p>10:00</p>  <p>11:00</p> <p>SWIM AND REVIEW</p> <p>12:30</p> <p>LUNCH</p> <p>1:30</p> <p>UNCONSCIOUS RESCUES</p> <p>RESCUE BREATHING (Adult, Child, Infant)</p> <p>2:30</p> <p>CPR (Adult, Child, Infant)</p> <p>3:30</p> <p>SWIM AND</p>	<p>Daily Activities</p> <p>10:00</p> <p>Dean's Dive Center Discover scuba experience</p> <p><u>SAN CARLOS POOL</u></p> <p>12:00</p> <p>LUNCH</p> <p>1:00</p> <p>REVIEW WATER SKILLS</p> <p>1:30</p> <p>BASIC FIRST AID</p> 	<p>Daily Activities</p> <p>10:00</p>  <p>3:30</p> <p>Return to Pool</p> 	<p>Daily Activities</p> <p>10:00</p> <p>REVIEW SKILLS ROTATION 3 POINTS OF CONTACT</p> <p>12:00</p> <p>LUNCH</p> <p>1:00</p> <p>REVIEW 1st AID AND CPR</p> <p>2:00</p> <p>ACTIVE/PASSIVE SPINAL</p> <p>3:30</p> 