

2025



JR. LIFEGUARD

PROGRAM

2025 DATES

**JULY 7th -
AUGUST 17th**

1-3PM



What does a day in life of a lifeguard look like?!

Jr. Lifeguards can shadow a lifeguard for a 2 hour period from 1-3PM. Jr. Lifeguards will not be lifeguard or CPR certified after completing the shadowing, however CPR , and/or lifeguarding water rescue skills will be introduced and practiced throughout their time.

The program operates on a first come-first serve basis, meaning we'll do our very best to accommodate your first date of choice and guard to follow, however, only a certain number of participants can participate each day.



JR GUARD ENROLLMENT

Jr. Guard's First + Last Name:

Guardian's First + Last name:

Best phone number:

E-mail:

Shirt size: YS YM YL (please circle)

Guard they wish to follow (guard name):

Program Enrollment: \$44.99 +tax = \$48.58 ck _____ HC MC VISA DISC
Credit Cards will incur 3% service fee

Received by Wilson's team member: _____ Date: _____

wilsonsfitness.com

BONUS!



**LIMITED EDITION JR
GUARD T-SHIRT
+ LUNCH
INCLUDED**