



# JR. LIFEGUARD

# PROGRAM

## 2026 DATES

JULY 8<sup>th</sup> -  
AUGUST 17<sup>th</sup>

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