

Junior Lifeguard Camp

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Dates: July 26th-30th

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Time 10am-2:30pm

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Ages 12-15

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Bring your own Lunch

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Cost : \$250

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Enroll: Contact Lisa Meakin  
at [aquatics@mttamrc.com](mailto:aquatics@mttamrc.com)

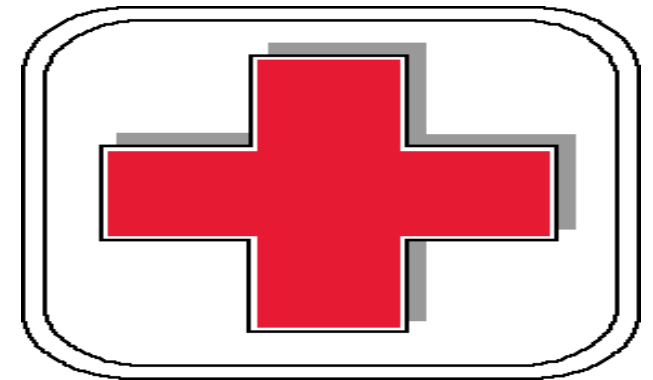
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First Annual  
Junior Lifeguard Camp

July 26th -30th 2021



Mt Tam Racquet Club  
1 Larkspur Plaza Dr.  
Larkspur, Ca 94939  
(415)924-6226  
Email: [aquatics@mttamrc.com](mailto:aquatics@mttamrc.com)



Is your child a swimmer or interested in lifeguarding? If so this is a great camp to introduce them to lifeguarding skills .

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This is a swimming camp for older kids.

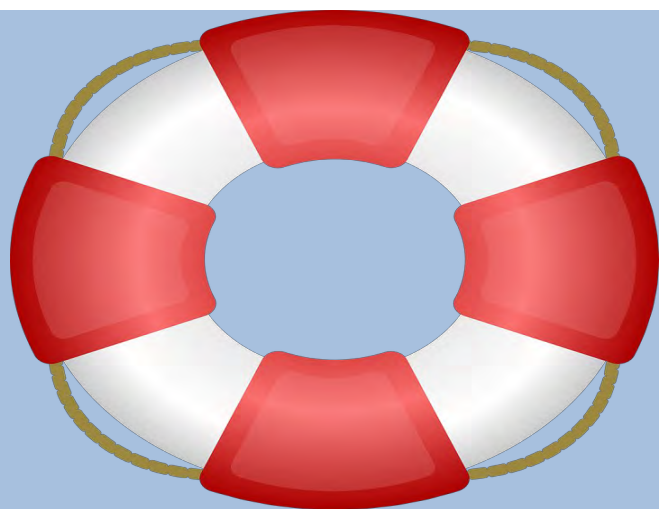
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Learn guard skills and have fun while learning.

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Prepare for the Lifeguard class which can be taken at 15 years old.

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Jr. Lifeguard Camp is a brand new summer camp for tweens and teens. Camp is for young teens ages 12-15 years. The curriculum will follow the Red Cross Jr lifeguard course. Campers will not receive any type of certification but they will be better prepared to become a lifeguard. We will work on rescues. Campers will be introduced to first aid and CPR for the professional rescuer. Campers will learn water safety and team building. **Participants must be able to swim 75-100 meters ( 3 - 4 lengths) continually.**

Payment is refundable and/or transferable in case of illness. There must be a minimum of 5 students enrolled to have the class. If 5 are not enrolled your payment will be refunded or can be transferred to a different club activity. Maximum enrollment is 12 campers.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/ Guardian name: \_\_\_\_\_

Parent Phone Number: \_\_\_\_\_

Parent Email Address \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Medical Information Doctors Name: \_\_\_\_\_

Medical Information Doctor Phone: \_\_\_\_\_

Medical Insurance Carrier: \_\_\_\_\_

Hospital Preference: \_\_\_\_\_

Allergies/ Medication: \_\_\_\_\_

Liability Waiver: In the case of an emergency when I cannot be reached, I give my permission to Mt Tam Racquet Club and Jr Lifeguard staff to obtain medical treatment for my child. I hereby release Mt Tam Racquet Club, its staff and employees from any and all claims of liability or damages while participating in Jr Lifeguard Camp.

Parent Signature/ Date

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