



Junior Lifeguard Club

Wednesdays 3:45 - 4:30pm

May 7 - June 25

Participants will work towards earning their Rookie, Ranger and Star Patrol Awards from the Canadian Lifesaving Society.

Participants should be able to swim 1 length of the pool and tread water for 1 minute.



Junior Lifeguard Club is a place to build on swimming skills, learn the basics of personal safety, first aid and aquatic rescue, while having fun with new friends!

Ages 8-13

Cost: \$45.00

Includes pool time, award stickers, coaching, and training for 8 weeks of fun!

To register, contact the Cariboo Memorial Recreation Complex at 250.398.7665 or come in to the Complex and register in person.