

# JUNIOR LIFE GUARDS

**MON • WED • FRI**  
**1:30 - 3:30 PM**  
**JULY 14 - AUGUST 8**

**at Seabreeze Aquatic Center, Port Hueneme**

Training to prepare to become a lifeguard. Develop swimming skills & endurance, gain a foundation of basic lifeguard skills, and learn how to respond in emergencies. Topics include CPR/first aid, water skills, surveillance, and emergency action plans.



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