

Scripps Ranch Swim & Racquet Club
 Summer Camps 2010
Jr. Lifeguard

Session: 8

Day: Monday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Introductions/What Campers Know About Lifeguarding	Pool
10:00	Scavenger Hunt for Important Pool Area Signs	Pool
10:30	Snack	
11:00	Video: ARC Introduction and Decision Making	TV Room
11:30	Video: ARC Entries, Approaches, Patron Surveillance	TV Room
12:00	Lunch	
12:30	Swim Assessment	Pool
1:00	Practice Entries and Approaches	Pool
1:30	Assist with Camp Swim Assessment	Pool
2:00	Shadow Lifeguards	Pool
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper.

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Session: 8

Day: Tuesday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	"Emergency" Exercise	Pool
10:00	"First Responder" Exercise	Pool
10:30	Snack and Group Discussion: Lifeguard Stations	
11:00	Video: ARC First Aid	TV Room
11:30	Video: ARC Caring for Head, Neck, and Back Injuries	TV Room
12:00	Lunch	
12:30	Movie/ Free Swim	TV Room/ Pool
1:00		
1:30	Shadow Lifeguards	Pool
2:00		
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

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Scripps Ranch Swim & Racquet Club
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Session: 8

Day: Wednesday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	"Elements" Exercise	Pool
10:00		
10:30	Snack	
11:00	Continue "Elements" Exercise	Pool
11:30	Lunch	
12:00	Video: ARC Waterfront Surveillance, Rescue Skills, and Lifeguarding	TV Room
12:30		
1:00	Movie/Free Swim	TV Room/ Pool
1:30		
2:00	Shadow Lifeguards	Pool
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

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Scripps Ranch Swim & Racquet Club
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Session: 8

Day: Thursday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Interview Questions for Lifeguarding	Pool
10:00	The Physical Test for Lifeguarding	Pool
10:30	Snack	
11:00	Filling Out the Application	Pool
11:30	Lunch	
12:00	Video: ARC Water Park Surveillance, Rescue Skills, and Lifeguarding	TV Room
12:30		
1:00	Movie/ Free Swim	TV Room/ Pool
1:30		
2:00	Shadow Lifeguards	Pool
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

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