

2009 Summer Camp On-Site Itineraries

	Session 4 7/13/09	Jr. Lifeguard		Session 4 7/14/09	Jr. Lifeguard
	Monday	6:30-8:30		Extended Care	Tuesday
8:30		Campers Arrive & Camp Warm Up	8:30	Campers Arrive & Camp Warm Up	
9:00		Camp Meeting/Organization	9:00	Camp Meeting/Organization	
9:30		Introductions/ What Campers Know About Lifeguarding	9:30	"Emergency" Exercise	
10:00		Scavenger Hunt for Important Pool Area Signs	10:00	"First Responder" Exercise	
10:30		Snack	10:30	Snack & Group Discussion: Lifeguard Stations	
11:00		Video: ARC Introduction and Decision Making	11:00	Video: ARC First Aid	
11:30		Video: ARC Entries, Approaches, Patron Surveillance	11:30	Video: ARC Caring for Head-Neck-Back Injuries	
12:00		Lunch	12:00	Lunch	
12:30		Swim Test	12:30	Movie/Free Swim	
1:00		Practice Entries & Approaches	1:00		
1:30		Assist with Camp Swim Test	1:30	Shadow Lifeguards	
2:00		Shadow Lifeguards	2:00		
2:30			2:30		
3:00		3:00			
3:30	Camp Meeting	3:30	Camp Meeting		
4:00	Camp Ends	4:00	Camp Ends		
4:30-6:30	Extended Care	4:30-6:30	Extended Care		
Wednesday	Session 4 7/15/09	Jr. Lifeguard	Thursday	Session 4 7/15/09	Jr. Lifeguard
	6:30-8:30	Extended Care		6:30-8:30	Extended Care
	8:30	Campers Arrive & Camp Warm Up		8:30	Campers Arrive & Camp Warm Up
	9:00	Camp Meeting/Organization		9:00	Camp Meeting/Organization
	9:30	"Elements" Exercise		9:30	Interview Questions for Lifeguarding
	10:00			10:00	The Physical Test for Lifeguarding
	10:30	Snack		10:30	Snack
	11:00			11:00	Filling Out the Application
	11:30	Lunch		11:30	Lunch
	12:00	Video: ARC Waterfront Surveillance, Rescue Skills, Lifeguarding		12:00	Video: ARC Water Park Surveillance, Rescue Skills, Lifeguarding
	12:30			12:30	Movie/Free Swim
	1:00	Movie/Free Swim		1:00	
	1:30			1:30	Shadow Lifeguards
	2:00	Shadow Lifeguards		2:00	
2:30		2:30			
3:00		3:00			
3:30	Camp Meeting	3:30	Camp Meeting		
4:00	Camp Ends	4:00	Camp Ends		
4:30-6:30	Extended Care	4:30-6:30	Extended Care		

Main Location: Pool

*All itineraries are subject to change without notice.