

## 2009 Summer Camp On-Site Itineraries

<b>Monday</b>	<b>Session 6</b> 7/27/09	<b>Jr. Lifeguard</b>	<b>Tuesday</b>	<b>Session 6</b> 7/28/09	<b>Jr. Lifeguard</b>
	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	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		
<b>Wednesday</b>	<b>Session 6</b> 7/29/09	<b>Jr. Lifeguard</b>	<b>Thursday</b>	<b>Session 6</b> 7/30/09	<b>Jr. Lifeguard</b>
	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		

\*All itineraries are subject to change without notice.