

RLSSA  
**JUNIOR  
LIFEGUARD**



# School Holiday Program

**Duration:** 5 consecutive days (Monday-Friday)

**Cost:** with Rash Shirt \$170.00  
without Rash Shirt \$120.00

**Discounts:** 10% discount for 3rd+ child

**Participants will receive:**

- Swim Bag
- Cap – Love 2 Swim
- Junior Lifeguard Aqua Quiz
- Pen & Notepad
- Morning Tea
- BBQ last day
- Achievement certificates/awards

**Program Time:** 8am-12pm daily Monday-Friday

**Program Goals:**

- Lifesaving Knowledge
- Swimming Skills
- CPR knowledge
- Community Education
- Fitness
- Leadership and Teamwork
- Self Esteem / Confidence

Email: [info@qualifiedaquatics.com.au](mailto:info@qualifiedaquatics.com.au)

Online: [www.qualifiedaquatics.com.au](http://www.qualifiedaquatics.com.au)

Contact; Alina Graham: 0412 402 980

## What is the Junior Lifeguard Program?

The Junior Lifeguard Program offers a unique aquatics alternative for those who love the water, who want to be challenged and who want more than just lessons. The Junior Lifeguard Program provides opportunities for children to keep interested and active in aquatics, especially quick learners and those caught between levels and programs. It's a fantastic opportunity to further develop swimming skills at the same time as developing new and challenging lifesaving skills.

This program is an alternate to traditional assessment checklist based programs where participants learn the skills required for pool lifesaving and is based on personal best achievement.

Pool lifesaving is the sport of lifesaving conducted in a pool controlled environment. Participating in other Royal Life Saving programs such as Swim and Survive and Bronze Rescue can lead to a pathway of competition. Competitions in pool lifesaving are conducted at program, state, interstate and international levels. Competing allows participants to aspire to being a member of the Junior Barras (under 16 Australian Team), Silver Barras (under 19 Australian Team) or the Aussie Barras (Open Australian Team). The pool lifesaving competition events focus on the core skills of rescues, swimming and lifesaving principle knowledge with events such as the manikin tow, line throw, swimming with obstacles and initiatives.

To Join the Junior Lifeguard Program you need to be:

- 8 years or older
- Able to swim at least 25 metres
- Be comfortable in deep water

No previous swimming or lifesaving award is required. The program is designed for anyone to participate in which means that friends can join together, even if they are of different ages or abilities.

The best description of the Junior Lifeguard Program is SERIOUS FUN! There's a serious purpose behind the program. Kids learn skills that could one day save a life.

The emphasis is on the following skills:

- Swimming Skills
- Lifesaving Knowledge
- Community Education
- Fitness
- Leadership and Teamwork
- Competition