



MIAMI-DADE COUNTY FIRE RESCUE

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2012 JUNIOR LIFEGUARD PROGRAM

✧ CRANDON BEACH // HAULOVER BEACH ✧



- ❖ **PURPOSE OF PROGRAM:** This program is for youths interested in learning the responsibilities of Ocean Lifeguards. We will provide the young men and women of our community a sound aquatic background and acquaint them with the hazards of ocean swimming. Students will be exposed to an environment that will teach them courtesy, respect, discipline, sound morals and good sportsmanship.
- ❖ **HOW TO ENROLL:** Parents must complete the registration form and waiver provided at the tryouts or located at Lifeguard Headquarters.
- ❖ **REGISTRATION AND TRYOUTS:** Located at:

Crandon Park Lifeguard Headquarters or Haulover Park Lifeguard Headquarters 4000 Crandon Boulevard Key Biscayne	10800 Collins Avenue North Miami Beach
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1st Session:	Saturday, June 9 th 2012	}	At 10AM
2nd Session:	Saturday, July 14 th 2012		Proof of age (Birth Certificate) must be presented at tryouts
- ❖ **REGISTRATION:** Registration will take place on the day of the tryouts. A competitive performance test will be required.
- ❖ **REQUIREMENTS:** Applicants must possess a basic swimming ability to be able to pass the following prerequisite exams.
 - Swim at least 100 yards with a steady stroke without stopping under 2 minutes.
 - Swim 30 feet underwater without stopping.
 - Tread water for 3 minute.
- ❖ **PROGRAM CONTENT:** Ocean and beach safety lifesaving techniques and procedures, first aid, CPR, development of swimming and basic water safety skills. There will be a daily get in shape program including: running, swimming, paddling, push-ups and pull-ups, volleyball, miscellaneous beach games and activities, snorkeling and ecology with environmental studies. A graduation and awards ceremony will conclude each session.
- ❖ **PROGRAM SCHEDULE:**

CRANDON PARK BEACH MONDAY and WEDNESDAY JUNE 11 th ----- JULY 5 th (final class on TH) JULY 16 th ----- AUGUST 8 th DAY SESSION: 9AM – 5PM (AGES 9-17)	HAULOVER PARK BEACH TUESDAY and THURSDAY JUNE 12 th ----- JULY 5 th JULY 17 th ----- AUGUST 9 th DAY SESSION: 9AM – 5PM (AGES 9-17)
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- ❖ **PROGRAM FEE:** **\$125.00 per child:**
Memo: MDFR / Jr. Lifeguard Program } **Checks made payable to:**
The Board of County Commissioners
- ❖ **INFORMATION:**

MDFR - Ocean Rescue Lifeguard Headquarters Crandon Park Beach 4000 Crandon Boulevard Key Biscayne, FL 33149 (786) 336-6980	MDFR - Ocean Rescue Lifeguard Headquarters Haulover Park Beach 10800 Collins Avenue North Miami Beach, FL 33154 (786) 336-6990
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NOTE: Due to the popularity of this program, there will be an enrollment limit of (30) students based on a performance test, per beach per session.