

Stroke Development

**This is a great class to refine strokes and strengthen skills!
Must be able to swim 25 yards on front and back.**

Registration: \$70

Early Bird Price (register by May 17th): \$65

Tuesday - Friday

11:00am - 11:45am

Session 1 (June 4th - 14th)

Front Crawl & Back Crawl

Session 2 (June 18th—June 28th)

Breaststroke & Butterfly

Jr. Guard

**Looking for something for your 10 to 14-year-old to do?
If your child enjoys swimming and wants to learn about lifeguarding,
the Jr. Guard program is the right choice.**

Jr. Guard is an introduction to lifeguarding and lifeguard skills. During the Jr. Guard program, students will learn basic lifeguarding skills, including stroke refinement and stamina building, CPR, First Aid, Spinal Injury Management, and Basic Water Rescues. This is a good preparation for a lifeguarding class. It's also a good opportunity for students to get out in the sun and enjoy themselves while engaging in a productive and educational activity. **This is not a lifeguard certification.**

Select members may go to a competition against other Jr. Guards teams.

Jr. Guard will be participating with the Stroke Development class

Jr. Guard

Tuesdays through Fridays

June 4th - June 28th

10:00am - 11:45am

Registration: \$90.00

Early Bird Price (register by May 17th): \$85

BROUGHT TO YOU BY BRIDGEPORT PARKS AND RECREATION



(940) 683-3480

www.cityofbridgeport.net/parks&rec

