



## Junior Lifeguard Course Information

**Objective:** Did you know that SPAR has a Junior Lifeguard Program? This 8-hour program is a comprehensive, team-based course for ages 10-16 years old led by SPAR’s own lifeguard Instructors. Students are introduced to the “real world” of lifeguarding and learn the everyday operations that occur within the natatorium and waterpark. Instruction includes first aid, water surveillance, water rescues, and CPR.

**Location:** SPAR Recreation & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663

**Prerequisites for Junior lifeguard course include:**

**Minimum Age:** 10-16 years old by the first day of class

**Students must pass a pre-course swimming skills test which includes the following**

- a. Swim 50 yards continuously using front crawl and/or breaststroke.  
(May use goggles)
- b. Tread water for 1 minute using arms and legs.

**Course Fee:** \$40.00 (includes all course materials)

**Payment:** Full payment is due at the time of registration. Register online at [www.sulphurparks.com/sparc](http://www.sulphurparks.com/sparc)

**Course Materials:** You will need to bring a towel, a water bottle, and dry set of clothes.

**Cancellation Deadline:**

Cancellations must be made by the registration deadline to receive a refund. Cancellations after the deadline are not eligible for a refund nor are the fees transferable to future programs/classes. For more information call SPAR Aquatics.

**Session Dates**

<b>Session A</b>	Thursday, January 2 <sup>nd</sup>	From: 8:00am-12:00PM
	Friday, January 3 <sup>rd</sup>	From: 8:00am-12:00PM
Registration Deadline: Thursday, December 26, 2024 at 12:00PM		
<b>Session B</b>	Thursday, April 23 <sup>th</sup>	From: 8:00am-12:00PM
	Friday, April 24 <sup>th</sup>	From: 8:00am-12:00PM
Registration Deadline: Thursday, April 17, 2025 at 12:00PM		

### Lifeguard Assistant Days

(If you are successful and receive your SPAR Jr. Lifeguard Certificate and orange shirt.)

*January 4, 2025	Polar Plunge/lifeguarding	8-11am
*January 6, 2025	Lifeguarding camp	8-12pm