

Free Teen Lessons



Join our **FREE** drop-in swimming practice sessions designed specifically for teens* (age 11-19) who are interested in applying to work as a lifeguard or swim instructor.

Fridays 5:45 - 6:30pm

- **FREE** instruction provided by certified instructor.
- Perfect for anyone interested in taking a Lifeguard or Swim Instructor training course.
- No commitment, drop-in program allows you to practice your skills at your own pace.

* Candidates must be 16 and up to apply for a position as a lifeguard or swim instructor.