



JUNIOR LIFEGUARD CLUB

Q. What is Junior Lifeguard Club?

A. Junior Lifeguard Club (JLC) is serious fun with a serious purpose and offers a unique alternative for those who love the water and who want more than swimming lessons. JLC keeps children interested and active in aquatics, especially quick learners and those between skill levels or programs. It is perfect for youth that thrive in an energetic learning environment.

Q. What do you do in a Junior Lifeguard Club?

A. You learn skills that could one day save a life – your life, or someone else's. Building on skills that the children already have, JLC members work to develop and improve first aid, swimming and other aquatic skills with an emphasis on:

- fitness
- community education
- lifesaving knowledge
- leadership and teamwork

Q. Who is it for?

A. JLC is aimed at children aged between 8-15 years as long as they can swim at least 25 metres and tread water for two minutes. It is for children who love the water, and want to be challenged.

Q. How is JLC different?

A. As compared to traditional swimming lessons or swimming squads, JLC is for people who love the water but want more than lap swimming. Achievements and successes are recorded in a personal WaterLog. Friends and siblings can join up even if they are different ages and abilities.

Q. What are the benefits?

A. JLC provides the opportunity for kids to have fun in the water while getting fit and learning safety skills, without the pressure of winning races or completing levels.

Q. How can I get involved?

A. Visit www.royallifesaving.com.au to find out more about JLC Clubs or contact your local Royal Life Saving Branch.

Q. My swim school wants to start a Club, how do I get started?

A. If your swim school would like to start a club you will need to find a pool to host the club, become a coach and get in contact with Royal Life Saving to register the club. Royal Life Saving provides a Coaches Manual and activity plans. Very little extra equipment is needed from what you would normally find available at a public pool. Royal Life Saving will provide materials and assist you in promoting the Club.

Q. Where does JLC lead?

A. A natural progression from JLC activities is to lifesaving as a sport. The sporting component of Royal Life Saving is a fun, challenging environment, with National Championships held annually, and the opportunity to become a member of one of three national teams. Lifesaving as a sport gauges the competitors' ability in a series of events which simulate real situations which a lifesaver would encounter. To become involved contact the Royal Life Saving office in your State or Territory.

Junior Lifeguard Club is serious fun with a serious purpose and provides an opportunity for kids who love the water and want more than traditional squad training, to learn safety skills and have a fantastic time, with friends, brothers or sisters.

JLC CHECKLIST:

- Do you want to have fun?
- Do you like the water?
- Are you aged between 8 and 15 years?
- Can you swim at least 25 meters?
- Can you tread water for 2 minutes?
- Are you bored with swimming laps?

If you answered yes to all these questions then JLC is for you!

Royal Life Saving has developed a number of fact sheets on water safety issues in Australia. Contact Royal Life Saving on:

1300 RESQ ME
(1300 7377 63)

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