

Pinellas Park Recreation
TEENWORX

JR. LIFEGUARD

Volunteer Program for Teens (11-15)

The TeenworX Volunteer Program is a means to develop future leaders within our community through the development of valuable leadership, communication, and team building skills. Pinellas Park Recreation hopes to build our teens into mature adults who can contribute to their community and the future of Pinellas Park Recreation.

Course Prerequisites:

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence.
- Tread water for 1 minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using the elementary backstroke or back crawl.
- Submerge and swim a distance of 10 feet underwater.

Come prepared to swim for all classes including the first day. We suggest bringing 2 towels, warm cloths to change into, sunscreen, paper, pen, pencil, highlighter to each class. We also suggest bringing lunch, drinks and snacks.



American Red Cross



All Prospective Jr. Guards must fill out a TeenworX application prior to the first day of class!

***Can be picked up at Youth Park Teen Center, Forbes, or Broderick Recreation at registration**

**Jr. Guard Training
Fee - \$35.00**



May 19th, 20th & 26th

9am – 6pm

Must attended all classes



**Skyview Pool 9040
54th Way, Pinellas
Park, FL 33782**

**Mandatory TeenworX
Orientation will be held
May 18th, 2018 at 7:10pm**

**The Youth Park Teen
Center 4000 66th Ave
North Pinellas Park,
33782**