

Guard Start & JR Swim Instructor Programs for teens

Become a JR Swim Instructor at the Camas Pool
or JR Camp Counselor at Summer Camps

Guard Start

Provides training for youth 12-15 interested in becoming a lifeguard when they are older. Includes instruction in and out of the water. Class will cover conditioning, water safety, CPR, First Aid, rescue skills and customer service. This class does not certify you to become a LG. It does provide instruction and practice on skills that are covered in an American Red Cross Life-guarding class. All participants must fall within the age guidelines and be able to swim the front crawl and breaststroke and be comfortable in water over their head. Please bring a towel, warm sweatshirt/pants, snack and water bottle to class daily.

CMP Swim Program Staff
Camas Pool, Crown Park

Fee: \$75

36054G June 27 – July 8* M - Th* 10:00AM - 2:00PM
**No Class 7/4 & 7/5, class will be held Friday 7/1 & 7/8.*
35064H July 11 – July 21 M - Th 10:00AM - 2:00PM
36054I July 25 – Aug. 4 M - Th 10:00AM - 2:00PM
36054J Aug. 8 – Aug.18 M - Th 10:00AM - 2:00PM



Teen Swimming Skill Building

Build on your current swimming skills for beginners and those who want to improve for an upcoming training course. Instructor will customize class plan to meet individual needs while helping build endurance.

CMP Swim Program Staff
Camas Pool, Crown park

Fee: \$65

36032A June 27 – July 8* M - Th* 8:30 AM - 10:00AM
**No Class 7/4 & 7/5, class will be held Friday 7/1 & 7/8.*
36032B July 11 – July 21 M - Th 8:30 AM - 10:00AM
36032C July 25 – Aug. 4 M - Th 8:30 AM - 10:00AM
36032D Aug. 8 – Aug.18 M - Th 8:30 AM - 10:00AM



JR Swim Instructor Training Camp

Provides training for youth 12-16 interested in becoming a Swim Instructor when they are older. Includes instruction in and out of the water. This class does not certify you to become a Swim Instructor. It does provide instruction and practice on skills that are covered in an American Red Cross WSI class. All participants must fall within the age guidelines and be able to swim at a level 4 proficiency. Please bring a towel, warm sweatshirt and sweatpants, snack and water bottle to class daily. Successful completion of this training allows youth to sign up to volunteer during the 2015 Pool Season.

CMP Swim Program Staff
Camas Pool, Crown Park

Fee: \$50

36032E June 27 – July 8* M - Th* 10:00AM - 2:00PM
**No Class 7/4 & 7/5, class will be held Friday 7/1 & 7/8.*
36032F July 11 – July 21 M - Th 10:00AM - 2:00PM
36032G July 25 – Aug. 4 M - Th 10:00AM - 2:00PM
36032H Aug. 8 – Aug.18 M - Th 10:00AM - 2:00PM



Advanced One Day

JR Swim Instructor Training

A brush up for participants who have taken our JR Swim Instructor program in the past or have had experience assisting with swimming programs elsewhere or participated on a swim team. Please bring a towel, warm sweatshirt/sweatpants, snack and water bottle to class.

CMP Swim Program Staff
Camas Pool, Crown Park

Fee: \$35

36032I 06/24 F 08:00 AM - 12:00 PM

Register at the pool during normal office hours or
online at <https://register.cityofcamas.us>

JR Swim Instructor and Guard Start programs are wonderful ways for teens to
earn volunteer hours and gain job skills.