

**NSF  
DAHLGREN**

# **JUNIOR LIFEGUARD PROGRAM**

**Aquatics Center**

Find out if you have what it takes to be a lifeguard. Learn the basic lifeguard skills and shadow guards while they work. Be prepared to swim every day! Class size is a minimum of three and maximum of 10 participants.

Eligible patrons include all youth ages 11 to 14, with base access.

**July 16-20, 2018**

9 a.m. - 3 p.m.

Register by Monday, July 9

For more information or to register, call the Dahlgren Aquatics Center at (540) 653-8088.



**\$150**



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