Fort Detrick
GUARD START PROGRAM

11 July - 4 August 2006
Tuesday - Friday
1100-1600
Cpt Jennifer J. Shafer Odom
Fitness Center, Building1507

$200 per child
(includes uniform and class materials)

The Fort Detrick Guard Start Program is designed to give a young person a basic understanding of the training required to become a lifeguard. Your child will gain the understanding of what is expected as a lifeguard in different aquatic facilities. This program includes hands on activities, classroom time, and shadowing a Fort Detrick Lifeguard.

REQUIREMENTS:

Ages 11-15 • Swim front crawl 25 yards continuously while breathing to the front or side • Tread water for one minute using arms and legs • Submerge and swim a distance of 10 feet underwater

Registration begins 13 June 2006

For more information, call
Fitness Center at 301-619-2498 on or before Memorial Day
or Outdoor Pool at 301-619-2368
after Memorial Day

www.detrick.army.mil/wellbeing