

Each Participant will be trained in the following:

- Proper Stroke Mechanics
- Reaching, Walking, & Throwing Assists
- Caring For Head, Neck, & Back Injuries
- How To Escape A Rip Current
- Water Safety
- Rescue Board Techniques
- First Aid
- Basic Rescue Skills
- CPR/AED*

*Upon successfully completing the course, every participant will be certified in American Red Cross Adult and Child CPR.



FOR MORE INFORMATION CONTACT:

North Myrtle Beach
Department of Public Safety

1015 2nd Ave. South
North Myrtle Beach, SC 29582

Beach Patrol (843) 281-3820

www.nmboceanrescue.com

Check us out on Facebook!

“North Myrtle Beach
Ocean Lifeguards”



2016

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Qualifications

- Open to ages 10-15 years
- Tread water continuously 3 minutes
- Swim 100 yards continuously (Using front crawl with rhythmic breathing)
- MUST ATTEND ALL classes to be eligible for graduation
- 20 yard brick tow

Schedule

Winter Camp

Winter registration & classes will be held at the NMB Aquatic & Fitness Center

January 26th – March 15th, 2016

Class meets Tuesday and Thursday nights from 6:45pm to 8:15pm at the NMB Aquatic & Fitness Center

More Information

We encourage our Jr. Lifeguards to join the UNITED STATES LIFESAVING ASSOCIATION. USLA is a non-profit lifeguard and junior lifeguard association promoting safety, education and training. The membership fee for 1 year is \$10.00

The Lifeguard Shadow Program is held Monday's and Wednesday's from 9:00am-11:30am (Summer Months Only)



Summer Camp

Summer registration will be held at the Beach

Fees

Winter Registration Fee: \$25.00*

Checks made payable to:

NMB Aquatic & Fitness Center

Summer Registration Fee: \$25.00*

Checks made payable to:

NMB Beach Services

*Fee includes a Junior Lifeguard Backpack upon successful completion of Camp!!

Services Warehouse

6th Avenue South, North Myrtle Beach

Call 843-280-5684 for directions

June 11th - Qualification Swim Test 3pm

NMB Aquatic & Fitness Center

(Individuals who previously participated will not be required to complete the swim test).

June 13th – 15th, 7th Ave. South/Beach Strand from 9am-10:30am everyday

June 16th – J. Bryan Floyd Community Center

June 20th – 23rd, 7th Ave. South/Beach Strand from 9am-10:30am everyday

What you need to bring!

- Swim Goggles
- One piece bathing suits are recommended to be worn by female participants during aquatic activities.
- Towel
- Extra change of clothes
- Swim Cap
- Sun Screen
- Water/Sport Drink