

Junior Lifeguard – Enrichment Program

Good day,

In partnership with Nashwaaksis Middle School, the Fredericton Indoor Pool invites interested students to participate in a program designed to build the skills, knowledge and fitness required for Lifesaving. Students will learn how to identify risks in aquatic settings, as well as ways to prevent injury and techniques to save the lives of others, all while keeping themselves safe.

*Students will be assessed for their swimming ability and provided many opportunities to improve their swimming skills and endurance prior to beginning. They do not need to be competitive swimmers or have completed all their swimming levels – **though a minimum requirement will need to be met.** Three sessions are being offered are below, check the one your student will be joining us for:*

- ☐ **Grade 6**
Mondays, Sixth Period, starting October 19, 2026 to May 10, 2027
A more complete schedule will be available to students on the first day.
Cost None!
- ☐ **Grade 7**
Wednesdays, Sixth Period, starting October 21, 2026 to May 12, 2027
A more complete schedule will be available to students on the first day.
Cost None!
- ☐ **Grade 8**
Fridays, Sixth Period, starting October 23, 2026 to May 14, 2027
A more complete schedule will be available to students on the first day.
Cost None!
- ☐ **We will ensure that students who need to get to a bus at dismissal have time to get changed and where they need to be for bussing. Please check below for what applies for your child:**
- ☐ They will need to be ready for dismissal for bussing home
- ☐ They will be walking home from school

Becoming a lifeguard offers you the chance to learn valuable life skills while having fun, making new friends, and becoming part of a team. Lifeguards are in high demand across the country, and Middle School is a critical time to start your training. Join our lifesaving team and continue making our Aquatic facilities a safe space to swim!

NAME _____ DATE OF BIRTH _____

ADDRESS _____

CITY _____ PROVINCE _____ POSTAL CODE _____

EMERGENCY CONTACT NAME _____ PHONE _____

E-MAIL (optional) _____

PARENT / GUARDIAN NAME _____ SIGNATURE _____

DATE: _____

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