

Open to all DOD ID Cardholders and
the General Public ages 15 and up.

MAKING WAVES: *Lifeguard Demo Days*

**Free to
Participate!**

Ever wondered what it takes to be a lifeguard?

Join us for a fun, zero-pressure day by the pool where you can hop in the water, learn about the skills required to become a lifeguard, and even try them out for yourself. Our experienced staff will showcase the essential rescue skills and let you see exactly what it's like to be on the team.

If you discover you love it and want to take the next step, we will be offering optional lifeguard pre-tests at the end of the event. Come see what you'll need to master to be a lifeguard!



Interactive Demonstrations & Hands-On Activities:



- ▶ CPR Demos
- ▶ Ring Toss & Reaching Assists
- ▶ Rescue Tube Swims
- ▶ Manikin Tows
- ▶ Backboard, Treading,
and Swim Demonstrations



**Saturday,
September 12
10 a.m.-2 p.m.**

RICHARDSON POOL
1757 Kulekole Ave, Bldg. 578
Schofield Barracks, HI

**Saturday,
September 19
10 a.m.-2 p.m.**

AMR POOL
178 Kauhini Rd, Bldg. 1785
Honolulu, HI

**FOR MORE INFORMATION,
CALL (808) 787-4090**



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