

## Camp Sunrise Aquatics Camp

This is an incredible opportunity being offered through the Green Mountain Council. Earn either your BSA and American Red Cross Lifeguard or your PADI Open Water Scuba Diver certification. But wait, there's more, you will also earn first aid and CPR certification and have the opportunity to earn other aquatic badges. This camp is a physically rigorous and challenging. Participation in the course does not automatically guarantee certification. Each participant must complete course requirements to the Course Directors satisfaction.

**When:** Sunday June 24th - Saturday June 30th

(Check in Sunday at 1pm - Depart Saturday by noon)

### Lifeguarding Prerequisites:

- 15 years of age on or before the completion of the class.
- Mature and dependable character.
- Swim continuously for 550 yards, including at least 100 yards each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke.
- Starting in the water, swim 20 yards using the front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point while maintaining two hands on the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Must read book before attending camp

### Lifeguarding Section: (If you meet all requirements during the week)

- v Red Cross Life Guard
- v CPR/First Aid Certification
- v BSA Life Guard
- v Snorkeling BSA
- v Scuba BSA
- v Canoe, Kayaking, or Rowing MB

### Scuba Prerequisites:

- 15 years old
- Pass the BSA swimmers test
- Must read the book and complete knowledge reviews before attending

### Scuba Section: (If you meet all requirements during the week)

- v CPR/First Aid certification
- v PADI Open Water Diver Certification
- v Scuba Merit Badge
- v Scuba BSA
- v Canoe, Kayak, or Rowing MB

**Cost: \$375 for either section** (\$50 non refundable deposit due with application and balance due by June 15<sup>th</sup> or a \$20 late fee applies. Cost includes lodging, food, course materials & patch)