



NEW! Guard Start (Ages 11-14)

Week 4 and 8 12-3 pm \$105/week (Mon-Thu)

This American Red Cross program will give the 11-14 year old a successful “jump start” into lifeguarding. The comprehensive content covers: prevention, fitness, response to emergencies, leadership and professionalism. It is the perfect camp to challenge your strong swimmer!

www.freedom-center.com • 703-993-8444 • 10900 University Blvd., Manassas, VA

on the Manassas Campus of George Mason University