



# JUNIOR LIFEGUARD CAMP

22 October - 11 December 2021



EMIRATES PALACE  
ABU DHABI



In partnership with Desert Skills Sports, Emirates Palace is hosting a new Junior Lifeguard Camp for kids 7 to 15 years old. Campers will learn survival and rescue skills, including water safety, CPR\* and first aid, AED\*, and rescue techniques. Plus, they will gain improved fitness and self-confidence, learn to work in teams, practice drills, and have lots of swim-based fun through an expert curriculum developed by Ellis & Associates of the US.

\*CPR refers to cardiopulmonary resuscitation; AED refers to automated external defibrillators.





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Enrol your child for a four-day camp spanning two weekends with a bundle of fun, practical knowledge and lasting memories.

## **Ages:**

Boys and Girls, 7 to 15 years old (Basic swimming skills required)

## **Dates:**

Four days spanning two weekends, from 8am to 2pm daily

- First camp: 22, 23, 29, 30 October
- Second camp: 5, 6, 12, 13 November
- Third camp: 19, 20, 26, 27 November
- Fourth camp: 3, 4, 10, 11 December

## **Rate:**

- AED 1,199\* per child per camp, inclusive of daily lunch, a goodie bag with a T-shirt, and a certificate of completion

## **Special Offer:**

- Enrol additional children and enjoy a saving of AED 200 per child (AED 999\* per child per camp)

For more information and registration, please call Emirates Palace Beach Club on +971 2 690 7311 or email [cpauh-beachclub@mohg.com](mailto:cpauh-beachclub@mohg.com)

T&C: \*Price is inclusive of VAT and other taxes. Promotional offer cannot be combined with other discounts or benefits. Beach Club or credit card discounts do not apply to Camp price. All prices are net prices. Advance booking required as slots are limited. Discount applies to children enrolled in separate camps.



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## Camp Schedule

Time	Friday (Day1)	Time	Saturday (Day2)
8.00 am - 8.30 am	Arrival & Orientation	8.00 am - 8.30 am	Warm Up Fitness
8.30 am - 12:00 pm	Warm Up Fitness	8.30 am - 12.00 pm	Water Activities (Fun Activities & Passive Rescue Techniques)
	Introduction to Safety & Rescue		
	Water Activities (Active Rescue Techniques)		
12.00 pm - 1.00 pm	Lunch	12.00 pm - 1.00 pm	Lunch
1.00 pm - 2.00 pm	Non-Water Activities (Introduction to Communication & Emergency Response)	1.00 pm - 2.00 pm	Non-Water Activities (Introduction to First Aid, CPR & AED*)
Time	Friday (Day3)	Time	Saturday (Day4)
8.00 am - 8.30 am	Warm Up Fitness	8.00 am - 8.30 am	Warm Up Fitness
8.30 am - 9.30 am	Fun Water Activities	8.30 am - 11.30 am	Water Activities (Rewind Rescue Techniques)
9:30 am - 11:30 am	Water Activities (Wet Teach Back Beach Rescue & Role Playing)		
12:00 pm - 1:00 pm	Lunch	11.30 am - 12.30 pm	Lunch
1.00 pm - 2.00 pm	Non-Water Activities (FBAO, CPR & Care*)	12:30 pm - 1:00 pm	Drill & Demonstration (Parents Are Welcome!)
		1.00 pm - 2.00 pm	Presentation & Rewards

\*CPR refers to cardiopulmonary resuscitation; AED refers to automated external defibrillators; FBAO refers foreign body airway obstruction.



# PARENTS CLUB



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On Camp Days, parents of participating children are entitled to an exclusive offer for our **Beach Club Weekend Day Passes** at AED 320 per person inclusive of AED 100 dining credit at Cascade (normal rate of AED 425 without any dining credit).

Emirates Palace also presents a range of special experiences for parents to enjoy:

**Spa Indulgence:** Treat yourself to a rejuvenating spa therapy and a results-driven beauty treatment at Emirates Palace Spa. Highlights include an Oriental Signature Massage by visiting therapists from Mandarin Oriental, Bangkok that can ease muscle tension, and our new HydraFacial treatment that detoxifies your skin while providing long lasting hydration. Open daily from 10am to 10pm.

**Friday Brunch:** Perfect for family get-togethers and social gatherings, Sayad serves a bountiful Mediterranean brunch featuring freshly shucked oysters, homemade pasta, seafood paella, grill favourites and more. Available from 1pm to 4pm every Friday.

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