



# LIFEGUARD OLYMPICS

*Can you beat the lifeguard?*

Join us once a month at Riverside Aquatics and take on the lifeguards in Lifeguard Olympics!

There will be an event for every swim level.

Events will have a fun spin on everyday lifeguard tasks.

Come and check your skills against the lifeguards on the third Friday of the month.

**FREE ADMISSION**

**JUNE 23 • JULY 28 • AUGUST 25**

**3:30 p.m. at NRC Solomons Riverside Aquatics**

Take home prizes for all participants. • [www.NavyMWRSolomons.com](http://www.NavyMWRSolomons.com) • Open to all with base access.

This program runs Memorial Day to Labor Day.  
Program will be canceled if participants are not present 15 minutes after the start time. Programs are subject to cancellation due to lack of participation and weather conditions.

**STAY  
CONNECTED**

**NRC SOLOMONS**

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