

The BreakFree Education Outdoor Leadership, Lifeguarding and Language Program (OLLLP)

Lead in the outdoors. Learn to swim. Become a lifeguard. Practice a new language.

November 2026 – June 2027

OLLLP is an eight-month program for DC high school students working with Credible Messengers, Violence Interrupters, and others in similar roles (MENTORS). **Students and mentors participate as a team.**

No prior swimming experience required.

Teams will:

- **Swim & Train:** Tuesday and Thursday, 7–8 PM. Build swimming skills, prepare for lifeguard certification, and pursue summer jobs at DC Department of Parks and Recreation (DCPR) or other regional pools. Students receive swim gear; we will provide laundry services for swimgear.
- **Practice Spanish:** Conversational Spanish during a weekly group dinner, 8–9 PM.
- **Explore Outdoors:** Participate in excursions and activities on select weekends.
- **Travel:** Visit Puerto Rico in January and Costa Rica in May/June. BreakFree covers travel, lodging, and food.

Program Schedule

Phase 1: Get Your Feet Wet | Nov. 2–12

Trial period for teams to decide whether to continue.

Phase 2: The Fundamentals | Nov. 16–Jan. 2027

Continue swimming and Spanish lessons. Teams that complete the course travel to Puerto Rico in mid-January.

Phase 3: Lifeguard Training, Certification & Surfing | Feb.–June 2027

Intermediate swimming and DCPR lifeguard certification (Spring 2027), preparing students for potential summer lifeguard jobs. Teams that remain in the program travel to Costa Rica in late May/June.

Stipends & Program Expectations

- **MENTORS:** \$25/week stipend for gas/mileage; responsible for getting students to class.
- **STUDENTS:** \$25/class stipend via EBT card.
- **ATTENDANCE:** **This is not a drop-in program.** Students must attend all classes. Students who are arrested or detained, or participate in unsafe activities, may be removed.

How to Apply

Teams apply in October 2026. Submit a Student Application and Mentor Application. If accepted, each team completes a Student Commitment Form, Parent Commitment Form, and Mentor Commitment Form.

Questions? contact Jack Harvey | jharvey@breakfree-ed.org

BreakFree Education is a Washington, DC-based 501(c)(3) nonprofit. www.breakfree-ed.org