



LBFD Junior Lifeguard Tryout Preparation Class!

The Junior Lifeguard Program offers students ages 9-17, instruction in lifeguard rescue techniques, first aid, ocean sports, physical conditioning and marine ecology. Participants also have the opportunity to become CPR certified. This program gives students the experience they need for future careers as lifeguards or in various public service professions.

The purpose of this class is to give future Junior Lifeguards, who are struggling to pass the swim test requirement to participate in the LBFD Junior Lifeguard Program, the tools and skills they need. This class is not a learn-to-swim course and is not open to current Junior Lifeguards. Your child should be able to swim 4 laps in a pool in under three minutes and 30 seconds to qualify. Please contact the Junior Lifeguard Coordinator at LBJG@longbeach.gov if you have any questions regarding your child's eligibility before registering, as we do offer free evaluations.

Class details:

- When: Tuesdays, Thursdays from 5:30-6:30pm, February 5th to May 2nd
- Where: Silverado Park Pool, 1540 W. 32nd Street, Long Beach, CA 90813
- Ages: 9 to 17 years old as of July 1st, 2019
- Price: Free
- Register online through LB RecConnect at www.longbeach.gov/park, course #31808

For more information about the Junior Lifeguard Program please visit our website at www.longbeachJGs.com or contact us at LBJG@longbeach.gov.

