



## 2019 Program Information

2019 Program Dates: June 24<sup>th</sup> to August 2<sup>nd</sup>

2019 Try-Out Locations/Dates:

- Belmont Plaza Olympic Pool, 4000 Olympic Plaza
  - 8:00am-12:00pm February 24, March 30, April 28
  - LAST CHANCE TRYOUT (not eligible for morning session) 8:00am-12:00pm May 11
- Silverado Park Pool, 1540 West 32<sup>nd</sup> Street
  - 8:00am-11:00pm March 17, April 13
  - 8:00am-12:00pm May 4

Program fee: \$490

Scholarships are available to City of Long Beach residents who qualify. Please contact the Program Coordinator for more information.



## Information for New Junior Lifeguards

Students who did not participate in the program the previous summer are required to pass the swim test before being accepted into the program. New Junior Lifeguards must be able to swim 100 yards in less than two minutes in order to qualify. No Exceptions. Applications are to be submitted after successfully completing the swim test.

\*\*Due to the fact Silverado Pool is in METERS, not YARDS, the time standard will be extended to 2:13.2 at this location only (standard time conversion from yards SC to meters SC).



[www.longbeachJGs.com](http://www.longbeachJGs.com)

## Long Beach Fire Department Junior Lifeguard Program



# Important Dates:

- Saturday, June 22: Welcome BBQ
- Wednesday, July 10: Regional Runoffs (10am-2pm session for all JGs)
- Friday, July 12: C's Parents' Day
- Tuesday, July 16: A's and B's Bolsa Chica Surf Trip
- Friday, July 19: Buoy-a-thon Fundraiser
- Tuesday, July 23: A's Catalina Trip (Afternoon Session)
- Thursday, August 1: A's Catalina Trip (Morning Session)
- Tuesday, July 23: B's and C's Marine Stadium Extravaganza
- Friday, July 26: JG Regionals
- Tuesday, July 30: Ironguard
- Friday, August 2: Last Day
- Note: All dates are subject to change



## About us

The Junior Lifeguard Program offers students ages nine to seventeen 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.

Field trips and competitions highlight the six-week course. All aspects of beach activity will be explored from beach running to skin diving. The program is presented in a manner that will enable each student to participate to the best of his or her abilities while learning new skills. We end each summer with the annual Ironguard event—a four mile run and two mile swim that shows students the progress they have made throughout the summer.

### Age Divisions

- C group – 9 to 11 years
- B group – 12 to 13 years
- A group – 14 to 17 years

### Session Times

- Morning – 9:00AM to 12:00PM
- Afternoon – 1:00PM to 4:00PM

### Daily Activities

- Calisthenics and stretching
- Physical conditioning
- Rescue technique instruction
- First aid instruction
- Ocean ecology
- Ocean sports and competition

### Registration Deadlines

- Returning JG priority registration deadline: **Tuesday, April 30<sup>th</sup>**
- New JG requesting the MORNING SESSION (via lottery system) deadline: **Sunday, May 5<sup>th</sup>**
- Final Deadline for all others: **Sunday, May 12<sup>th</sup>**

