



CITY OF HUNTINGTON BEACH
714-374-1501 or juniorguard.com



2016 Junior Lifeguard Program

For Boys And Girls 9-17 Years Of Age

PURPOSE OF THE PROGRAM

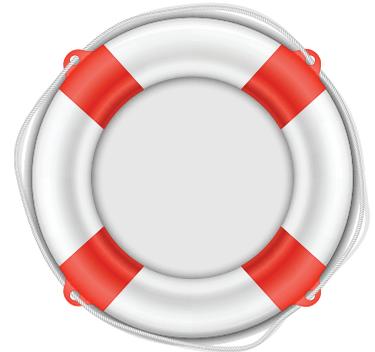
To acquaint the youth of our community with the experience of ocean swimming and its hazards, while exposing them to an environment that will teach them courtesy, respect, discipline, sound morals, and good sportsmanship.

Ocean and beach safety, lifesaving techniques, procedures for bodysurfing, body boarding, board surfing, development of swimming skills, competition with other Jr. Lifeguard programs, volleyball, and miscellaneous beach games, activities, field trips and ecology.

PROGRAM SCHEDULE

- **Monday-Friday, June 27-August 18, 2016**

- AM (Morning) Session 8:30 am-12 Noon
- PM (Afternoon) Session 1-4:30 pm



REQUIREMENTS

- **Open to boys and girls ages 9-17 (as of July 1, 2016).**

Applicants must possess a basic swimming ability to be able to pass the following prerequisite exams:

DIVISIONS

- A = 14-17 years old
- B = 12-13 years old
- C = 9-11 years old

"A" DIVISION

- Swim 100 yards in 1:45 or less
- Tread water for five minutes
- Swim under water for 10 yards

"B" AND "C" DIVISION

- Swim 100 yards in 1:50 or less
- Tread water for five minutes
- Swim under water for 10 yards

NOTE: The "C" Division participants will be eligible for the program if you pass with a time requirement of 1:51-2:00, but will be enrolled in the PM session only, regardless of siblings.

TRYOUTS

- **Cabana Club, 8141 Atlanta Avenue, Huntington Beach, 92646**

- April: 16, and 30th 2016 - 8 am-12 Noon
- May 11, and June 8**, 2016 - 6:30-8:30 pm
- May 22, 2016 - 8 am to 12 Noon

** The June 8th tryout is for the PM session only for the "C" and "B" divisions. "A" division applicants are eligible for the AM or PM session for this date.

For more information on the program you can find it at juniorguard.com, or call 714-374 1501.