



**CITY OF HUNTINGTON BEACH**  
 For more info, **714-374-1501** or **juniorguard.com**



# 2018 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 25-August 16, 2018**

- Morning Session 8:30 AM to 12 Noon
- Afternoon Session 1 PM to 4:30 PM
- **\*New Full Day Session 8:30 AM to 4:30 PM**

### Requirements

**Open to boys and girls ages 9-17 (as of July 1, 2018).** Applicants must possess a basic swimming ability to be able to pass the following prerequisite exams:

DIVISIONS	"A" DIVISION	"B" AND "C" DIVISION
A = 14-17 years old	- Swim 100 yards in 1:45 or less	- Swim 100 yards in 1:50 or less
B = 12-13 years old	- Tread water for five minutes	- Tread water for five minutes
C = 9-11 years old	- Swim under water for 10 yards	- Swim under water for 10 yards
	<b>NOTE:</b> 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: 14, and 28, May 20 8:00 AM to 12:00 Noon
- May 9 and June 6 6:30 PM to 8:30 P.M.

# 2018 Junior Lifeguard Program

## For Boys And Girls 6-8 Years Of Age

**New Program!**

### Purpose Of The Program

To acquaint the youth of our community with the experience of the beach 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, competition with each other, volleyball, and miscellaneous beach games, activities, and ecology.

### Program Schedule

**Monday/Wednesday or Tuesday/Thursday, July 2-Friday, August 10, 2018**

- M/W 12:15 PM to 2:00 PM - Tu/Th 12:15 PM to 2:00 PM
- M/W 2:15 PM to 4:00 PM - Tu/Th 2:15 PM to 4:00 PM

### Requirements

**Open to boys and girls ages 6 through 8.**

### Registration

**Registration will open in the spring.** Check the junior guard website and the summer Sands issue for additional information. Cost - \$100.

For more info, **714-374-1501** or **juniorguard.com**



# AQUATICS

The City of Huntington Beach is pleased to offer a complete fall swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through lifeguarding techniques. Classes consist of ten lessons unless otherwise specified.



## CITY GYM AND POOL

Recreation Swim is offered at the City Gym & Pool for \$2 per person. No registration required.

All Ages:	Mon/Wed	7-8 pm
Adult Swim:	Mon/Wed	8-8:30 pm
Senior Swim:	Fri	1:30-3 pm

## NEED ADDITIONAL HELP OR HAVE QUESTIONS?

Swim Level testing is available, but not required, to enroll in a swim class. Knowledgeable staff will be available at the City Gym & Pool to assist you with questions about aquatic programs, and help you enroll in the correct level.

**SWIM LEVEL TESTING:** Have your child tested for swim level placement on March 3rd from 1-1:30 pm. Please call the City Gym and Pool, at 714-960-8884, to schedule an appointment.

## SWIM LEVELS

### PARENT AND CHILD (PC) 6 mos to about 3 years:

Parents and children learn together through two fun-filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.

- **PC Level 1 (PC1):** Introduces Basic skills including safety topics to parents and children.
- **PC Level 2 (PC2):** Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills.

### PRESCHOOL AQUATICS (PA) About 4 to 5 years:

Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water.

- **PA Level 1 (PA1):** Orients children to the aquatic environment and helps them gain basic aquatics skills.
- **PA Level 2 (PA2):** Helps children gain greater independence in their skills and develop more comfort in and around water.
- **PA Level 3 (PA3):** Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

### LEARN-TO-SWIM (LS) About 6 years through adult:

Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.

- **Level 1 (LS1):** Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.
- **Level 2 (LS2):** Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.
- **Level 3 (LS3):** Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.
- **Level 4 (LS4):** Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.
- **Exceptional Swim:** Designed for participants with any disability. This is a supervised non-instruction swim time.
- **Adult Lessons:** Adults will improve swimming skills and learn new skills.



# Spring 2018 Private Swim Lessons

**Location: City Gym and Pool    Ages: 3 years to Adult**

For students and parents who desire more individual attention, the Community Services Department will now be offering private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, held once a week on the listed day. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions.

## Session 1 Schedule

CLASS #	TIME	DAY	DATES
272214-00	3:20pm	F	3/30-4/27
272214-01	3:20pm	F	3/30-4/27
272214-02	3:20pm	F	3/30-4/27
272214-03	3:40pm	F	3/30-4/27
272214-04	3:40pm	F	3/30-4/27
272214-05	3:40pm	F	3/30-4/27
272214-06	4:00pm	F	3/30-4/27
272214-07	4:00pm	F	3/30-4/27
272214-08	4:00pm	F	3/30-4/27
272214-09	4:20pm	F	3/30-4/27
272214-10	4:20pm	F	3/30-4/27
272214-11	4:20pm	F	3/30-4/27
272214-12	4:40pm	F	3/30-4/27
272214-13	4:40pm	F	3/30-4/27
272214-14	4:40pm	F	3/30-4/27
272214-15	5:00pm	F	3/30-4/27
272214-16	5:00pm	F	3/30-4/27
272214-17	5:00pm	F	3/30-4/27
272214-36	5:05pm	M	3/26-4/23
272214-37	5:05pm	M	3/26-4/23
272214-38	5:05pm	W	3/28-4/25
272214-39	5:05pm	W	3/28-4/25

## Session 2 Schedule

CLASS #	TIME	DAY	DATES
272214-18	3:20pm	F	5/4-6/1
272214-19	3:20pm	F	5/4-6/1
272214-20	3:20pm	F	5/4-6/1
272214-21	3:40pm	F	5/4-6/1
272214-22	3:40pm	F	5/4-6/1
272214-23	3:40pm	F	5/4-6/1
272214-24	4:00pm	F	5/4-6/1
272214-25	4:00pm	F	5/4-6/1
272214-26	4:00pm	F	5/4-6/1
272214-27	4:20pm	F	5/4-6/1
272214-28	4:20pm	F	5/4-6/1
272214-29	4:20pm	F	5/4-6/1
272214-30	4:40pm	F	5/4-6/1
272214-31	4:40pm	F	5/4-6/1
272214-32	4:40pm	F	5/4-6/1
272214-33	5:00pm	F	5/4-6/1
272214-34	5:00pm	F	5/4-6/1
272214-35	5:00pm	F	5/4-6/1
272214-40	5:05pm	M	4/30-6/4
272214-41	5:05pm	M	4/30-6/4
272214-42	5:05pm	W	5/2-5/30
272214-43	5:05pm	W	5/2-5/30

**SPRING 2018**

**PRIVATE LESSONS**  
Fee \$75

Private lessons will be taught with 1 to 1 participant to instructor ratio.

- OR -

**SMALL GROUP LESSONS**  
Fee \$85

Available with maximum 2 students per instructor.





# Spring 2018 – City Gym Swim Schedule

Fees: \$55 per 10-class session – All swim lessons are one half hour.  
 All classes held at the City Gym and Pool – 1600 Palm Ave. – **No Classes: May 28**

AQUATICS

Time	Mon/Wed 3/26 - 4/25	Tues/Thurs 3/27 - 4/26	Mon/Wed 4/30 - 6/4	Tues/Thurs 5/1 - 5/31	Saturday 3/31 - 6/2
8:00 am					LS 1- 272206-04
8:30 am					LS 2- 272207-05
9:00 am					PA L1- 272203-15 PA L2- 272204-24
9:30 am	PA L1- 272203-00 PA L2- 272204-00	PA L2- 272204-05 PA L3- 272205-03	PA L1- 272203-09 PA L2- 272204-12	PA L2- 272204-17 PA L3- 272205-11	PA L2- 272204-25 PA L3- 272205-17
10:00 am	PA L2- 272204-01 PA L3- 272205-00	PA L1- 272203-04 PA L2- 272204-06	PA L2- 272204-13 PA L3- 272205-07	PA L1- 272203-12 PA L2- 272204-18	PC L1- 272201-06
10:30 am	PC L1- 272201-00	PC L1- 272201-01	PC L1- 272201-03	PC L1- 272201-04	PC L2- 272202-06
11:00 am	PC L2- 272202-00	PC L2- 272202-01	PC L2- 272202-03	PC L2- 272202-04	PA L1- 272203-16 PA L2- 272204-26
11:30 am		PA L1- 272203-05 PA L2- 272204-07		PA L1- 272203-13 PA L2- 272204-19	PA L2- 272204-27 PA L3- 272205-18
Noon		PA L2- 272204-08 PA L3- 272205-04		PA L2- 272204-20 PA L3- 272205-12	LS 1- 272206-05 LS 2- 272207-06
12:30 pm					LS 3- 272208-05 LS 4- 272209-04
2:00 pm	PA L1- 272203-01 PA L3- 272205-01	PA L1- 272203-06 PA L3- 272205-05	PA L1- 272203-10 PA L3- 272205-08	PA L1- 272203-14 PA L3- 272205-13	
2:30 pm	PA L2- 272204-02 PA L3- 272205-02	PA L2- 272204-09 PA L3- 272205-06	PA L2- 272204-14 PA L3- 272205-09	PA L2- 272204-21 PA L3- 272205-14	
3:00 pm	PA L1- 272203-02 PA L2- 272204-03	PA L1- 272203-07 PA L2- 272204-10	PA L2- 272204-15 PA L3- 272205-10	PA L2- 272204-22 PA L3- 272205-15	
3:30 pm	LS 1- 272206-00	LS 1- 272206-01	LS 1- 272206-02	LS 1- 272206-03	
4:00 pm	LS 2- 272207-00	LS 2- 272207-01	LS 2- 272207-03	LS 2- 272207-04	
4:30 pm	LS 3- 272208-00	LS 2- 272207-02	LS 3- 272208-02	LS 3- 272208-03	
5:00 pm	Private Lessons (See Schedule)	LS 3- 272208-01 LS 4- 272209-00	Private Lessons (See Schedule)	LS 3- 272208-04 LS 4- 272209-02	
5:30 pm		PC L1- 272201-02		LS 4- 272209-03	
6:00 pm		PC L2- 272202-02		PC L1- 272201-05	
6:30 pm	PA L1- 272203-03 PA L2- 272204-04	PC L2- 272202-02		PC L2- 272202-05	
7:00 pm	<b>Rec Swim \$2</b>	PA L1- 272203-08 PA L2- 272204-11	<b>Rec Swim \$2</b>	PA L2- 272204-23 PA L3- 272205-16	
7:30 pm		272213-00 Exceptional Swim \$18		272213-01 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	272212-00 Adult Lessons	Adult Swim \$2 8-8:30 PM	272212-01 Adult Lessons	

# Summer 2018 Private Swim Lessons

Location: City Gym and Pool Ages: 3 years to Adult

For students and parents who desire more individual attention, the Community Services Department will now be offering private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, held once a week on the listed day. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions.

SUMMER 2018

## Session 1 Schedule

CLASS #	TIME	DAY	DATES
372214-00	3:20pm	F	6/22-7/20
372214-01	3:20pm	F	6/22-7/20
372214-02	3:20pm	F	6/22-7/20
372214-03	3:40pm	F	6/22-7/20
372214-04	3:40pm	F	6/22-7/20
372214-05	3:40pm	F	6/22-7/20
372214-06	4:00pm	F	6/22-7/20
372214-07	4:00pm	F	6/22-7/20
372214-08	4:00pm	F	6/22-7/20
372214-09	4:20pm	F	6/22-7/20
372214-10	4:20pm	F	6/22-7/20
372214-11	4:20pm	F	6/22-7/20
372214-12	4:40pm	F	6/22-7/20
372214-13	4:40pm	F	6/22-7/20
372214-14	4:40pm	F	6/22-7/20
372214-15	5:00pm	F	6/22-7/20
372214-16	5:00pm	F	6/22-7/20
372214-17	5:00pm	F	6/22-7/20
372214-36	5:05pm	M	6/25-7/23
372214-37	5:05pm	M	6/25-7/23
372214-38	5:05pm	W	6/27-8/1
372214-39	5:05pm	W	6/27-8/1

## Session 2 Schedule

CLASS #	TIME	DAY	DATES
372214-18	3:20pm	F	7/27-8/24
372214-19	3:20pm	F	7/27-8/24
372214-20	3:20pm	F	7/27-8/24
372214-21	3:40pm	F	7/27-8/24
372214-22	3:40pm	F	7/27-8/24
372214-23	3:40pm	F	7/27-8/24
372214-24	4:00pm	F	7/27-8/24
372214-25	4:00pm	F	7/27-8/24
372214-26	4:00pm	F	7/27-8/24
372214-27	4:20pm	F	7/27-8/24
372214-28	4:20pm	F	7/27-8/24
372214-29	4:20pm	F	7/27-8/24
372214-30	4:40pm	F	7/27-8/24
372214-31	4:40pm	F	7/27-8/24
372214-32	4:40pm	F	7/27-8/24
372214-33	5:00pm	F	7/27-8/24
372214-34	5:00pm	F	7/27-8/24
372214-35	5:00pm	F	7/27-8/24
372214-40	5:05pm	M	8/6-9/10
372214-41	5:05pm	M	8/6-9/10
372214-42	5:05pm	W	8/8-9/5
372214-43	5:05pm	W	8/8-9/5

### PRIVATE LESSONS Fee \$75

Private lessons will be taught with 1 to 1 participant to instructor ratio.

- OR -

### SMALL GROUP LESSONS Fee \$85

Available with maximum 2 students per instructor.

# Summer 2018 Week Long Private Swim Lessons

Location: City Gym and Pool Ages: 3 years to Adult

**Week Long Private Swim Lessons** For students and parents who desire more individual attention, the Community Services Department will now be offering private swim lessons. Private swim lessons will consist of four (4), fifteen (15) minute swim classes, held for a week from Monday through Thursday. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions.



CLASS #	TIME	DAY	DATES
372214-44	3:20pm	M-Th	6/18-6/21
372214-45	3:20pm	M-Th	6/18-6/21
372214-46	3:20pm	M-Th	6/18-6/21
372214-47	3:40pm	M-Th	6/18-6/21
372214-48	3:40pm	M-Th	6/18-6/21
372214-49	3:40pm	M-Th	6/18-6/21
372214-50	4:00pm	M-Th	6/18-6/21
372214-51	4:00pm	M-Th	6/18-6/21
372214-52	4:00pm	M-Th	6/18-6/21
372214-53	4:20pm	M-Th	6/18-6/21
372214-54	4:20pm	M-Th	6/18-6/21
372214-55	4:20pm	M-Th	6/18-6/21
372214-56	4:40pm	M-Th	6/18-6/21
372214-57	4:40pm	M-Th	6/18-6/21
372214-58	4:40pm	M-Th	6/18-6/21
372214-59	5:00pm	M-Th	6/18-6/21
372214-60	5:00pm	M-Th	6/18-6/21
372214-61	5:00pm	M-Th	6/18-6/21

### PRIVATE LESSONS Fee \$60

Private lessons will be taught with 1 to 1 participant to instructor ratio.

- OR -

### SMALL GROUP LESSONS Fee \$70

Available with maximum 2 students per instructor.

# Summer 2018 – City Gym Swim Schedule

Fees: \$55 per 10-class session – All swim lessons are one half hour.  
 All classes held at the City Gym and Pool – 1600 Palm Ave. – **No Classes: July 4.**

AQUATICS

Time	Mon/Wed 6/25 - 7/30	Tues/Thurs 6/26 - 7/26	Mon/Wed 8/1 - 9/5	Tues/Thurs 7/31 - 8/30	Saturday 6/23 - 8/25
8:00 am					LS 1- 372206-04
8:30 am					LS 2- 372207-05
9:00 am					PA L1- 372203-15 PA L2- 372204-24
9:30 am	PA L1- 372203-00 PA L2- 372204-00	PA L2- 372204-05 PA L3- 372205-03	PA L1- 372203-09 PA L2- 372204-12	PA L2- 372204-17 PA L3- 372205-11	PA L2- 372204-25 PA L3- 372205-17
10:00 am	PA L2- 372204-01 PA L3- 372205-00	PA L1- 372203-04 PA L2- 372204-06	PA L2- 372204-13 PA L3- 372205-07	PA L1- 372203-12 PA L2- 372204-18	PC L1- 372201-06
10:30 am	PC L1- 372201-00	PC L1- 372201-01	PC L1- 372201-03	PC L1- 372201-04	PC L2- 372202-06
11:00 am	PC L2- 372202-00	PC L2- 372202-01	PC L2- 372202-03	PC L2- 372202-04	PA L1- 372203-16 PA L2- 372204-26
11:30 am		PA L1- 372203-05 PA L2- 372204-07		PA L1- 372203-13 PA L2- 372204-19	PA L2- 372204-37 PA L3- 372205-18
Noon		PA L2- 372204-08 PA L3- 372205-04		PA L2- 372204-20 PA L3- 372205-12	LS 1- 372206-05 LS 2- 372207-06
12:30 pm					LS 3- 372208-05 LS 4- 372209-04
2:00 pm	PA L1- 372203-01 PA L3- 372205-01	PA L1- 372203-06 PA L3- 372205-05	PA L1- 372203-10 PA L3- 372205-08	PA L1- 372203-14 PA L3- 372205-13	
2:30 pm	PA L2- 372204-02 PA L3- 372205-02	PA L2- 372204-09 PA L3- 372205-06	PA L2- 372204-14 PA L3- 372205-09	PA L2- 372204-21 PA L3- 372205-14	
3:00 pm	PA L1- 372203-02 PA L2- 372204-03	PA L1- 372203-07 PA L2- 372204-10	PA L2- 372204-15 PA L3- 372205-10	PA L2- 372204-22 PA L3- 372205-15	
3:30 pm	LS 1- 372206-00	LS 1- 372206-01	LS 1- 372206-02	LS 1- 372206-03	
4:00 pm	LS 2- 372207-00	LS 2- 372207-01	LS 2- 372207-03	LS 2- 372207-04	
4:30 pm	LS 3- 372208-00	LS 2- 372207-02	LS 3- 372208-02	LS 3- 372208-03	
5:00 pm	Private Lessons (See Schedule)	LS 3- 372208-01 LS 4- 372209-00	Private Lessons (See Schedule)	LS 3- 372208-04 LS 4- 372209-02	
5:30 pm		LS 4- 372209-01		LS 4- 372209-03	
6:00 pm		PC L1- 372201-02		PC L1- 372201-05	
6:30 pm	PA L1- 372203-03 PA L2- 372204-04	PC L2- 372202-02	PA L1-372203-11 PA L2-372204-16	PC L2- 372202-05	
7:00 pm	<b>Rec Swim \$2</b>	PA L1- 372203-08 PA L2- 372204-11	<b>Rec Swim \$2</b>	PA L2- 372204-23 PA L3- 372205-16	
7:30 pm		372213-00 Exceptional Swim \$18		372213-01 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	372212-00 Adult Lessons	Adult Swim \$2 8-8:30 PM	372212-01 Adult Lessons	