



## Driven By The Mission of Aquatics

The Junior Lifeguard Program is offered to participants ages 9 through 17 years old. Junior Lifeguards are introduced to skills which are a basis of Lifeguard Training for the City of Los Angeles. The Training includes Lifeguard Skills, Water Safety, Hands on CPR, First Aid, Emergency Response, Small Crafts, Swim Lesson Assisting, Volunteerism.

## Program Dates

JUNE 17, 2024 - AUGUST 9, 2024

Monday - Friday

Time: Varies per Facility

1 hour a day



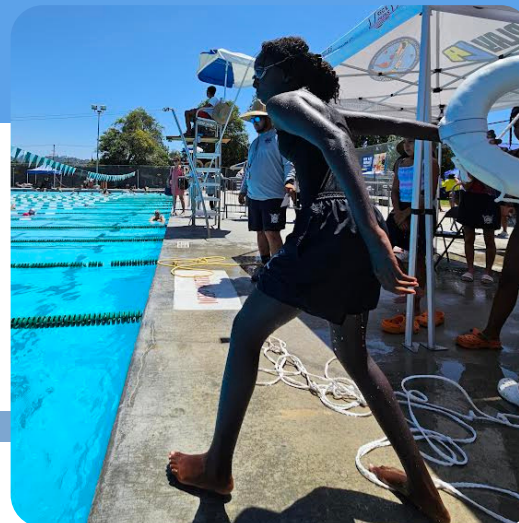
City of Los Angeles  
Department of  
Recreation and Parks

# Junior Lifeguards

Age: 9 - 17

## CONTACT US

BIANCA.PETERSEN@LACITY.ORG  
MARIO.RODRIGUEZ@LACITY.ORG



REGISTRATION AT POOLS\*

YEAR-ROUND: JUNE 2, 2024

SEASONAL: JUNE 9, 2024

TIME: 9:00 AM

Online and In-Person





## Field Trips\*

- Cabrillo Beach
- Hansen Dam

**\*Transportation  
is Provided\***

## REQUIREMENTS

- 100 yard freestyle Swim

## COMPETITIONS

Competitions are fun social events that build self-esteem and teamwork, consisting of team relays.

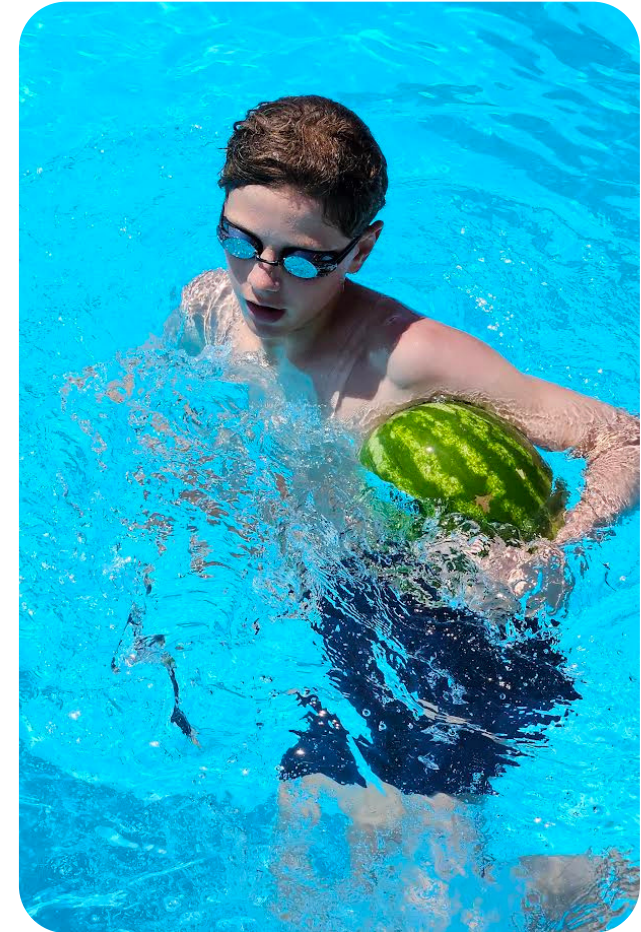
### Competition Events Include:

1. Rescue Tube Relay
2. Ring Buoy Toss Relay
3. Watermelon Relay
4. Inner Tube Relay
5. T-Shirt Relay

### Age Groups:

Juniors: 9 - 13

Seniors: 14 - 17



## PROGRAM COST\*

\$50

## WHAT'S INCLUDED

- Uniform
- Fun

\*Scholarships Available