

**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
CITYWIDE AQUATICS**

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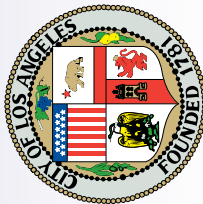
Cabrillo Beach

Aquatic Facility Manager II

Rick Pena



**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
CABRILLO BEACH LIFEGUARD HEADQUARTERS
3720 Stephen M. White Drive
San Pedro, CA 90731
Mail Stop #644-1**



**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
CITYWIDE AQUATICS DIVISION**

CABRILLO BEACH

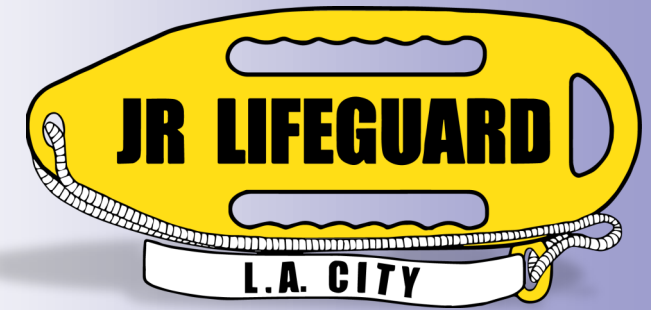
3720 Stephen M. White Drive

San Pedro, CA 90731

(310)548-2909

Visit: www.laparks.org

Email: cabrillobeach.lifeguard@lacity.org



SUMMER 2024

PROGRAM INFORMATION

Persons with disabilities are encouraged to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements.

“Achieving Gender Equity Through a Continuous Commitment to Women and Girls in Sports.”

“Sportsmanship is Everyone’s Responsibility.”

About the Program

The City of Los Angeles Open Water Junior Lifeguard Program is a **seven week program** designed to provide children ages 9-17 with knowledge and respect for the open water environment at the beach. It is also a program that introduces them to a possible career choice in public safety.

The Program Content

- Instruction in aquatic skills, such as swimming, running and paddling, with the intent of instilling participants with confidence in their abilities in the ocean and designed to promote physical development and water safety.
- Instruction in lifeguarding skills such as effecting swim rescues, community, CPR and First Aid.
- Conditioning for competitive activities, such as rescue board relays, run-swim-runs, buoy swims, rescue can relays, and run relays, with the intent of promoting teamwork and participating in City of Los Angeles Junior Lifeguard competitions.
- Development in swimming, paddling and surfing skills.
- Guest lecturers from local organizations and field trips to places like Catalina Island and Fire Station 112.

Age Divisions (all coed):

AA Division	16-17 Years
A Division	14-15 Years
B Division	12-13 Years
C Division	9-11 Years

Registration Information

All applicants must be 9 years or older by June 17th, 2024 and pass a required swim test to participate in the program. The test consists of a 100-yard timed swim, which must be completed in 1:59 minutes or less. Once registration and payment have been received, the candidate will receive his/her uniform and a program information packet at the Parent Meeting.

Program Cost

The seven week program will cost **\$450.00 flat rate** per child, **\$430.00** for each additional child in the immediate household. The cost of the program includes uniform, program equipment, USLA membership, and the annual Catalina field trip. **Sorry, there are no scholarships available.** Payment program available upon request.

Items needed for payment:

- Payment will be completed online during registration process.
- Completed application packet.
- Credit Card (preferred) or Check payable to: **L.A. City Department of Recreation and Parks**
- Have driver's license available when fulfilling payment.
- **No refunds unless the program is canceled!**

Uniform Packet

- Female participants will receive 1 t-shirt, 1 swim suit and 1 pair of volley shorts.
- Male participants will receive 1 t-shirt and 1 volley shorts or board shorts.
- Additional uniforms and accessories will be available for purchase during the term of the program (see price list from Junior Lifeguard Coordinator).

Summer Schedule

Seven Week Program: June 17th thru August 2nd, 2024. Monday thru Friday, 8am-12pm.

The classes and programs in this brochure may be subject to cancellation!
Questions? Please call (310)548-2909 and ask for the junior guard program coordinator.

Swim Test/Tryouts

Will start Sunday April 7th and will be ongoing until notified otherwise. The pool locations for swim tests will include**:

Hey Rookie Pool (Sundays 1:00pm-4:30pm)
3601 S Gaffey St
San Pedro, CA 90731
(310) 521-9017

Banning Pool (Sundays up until May 12th, 12:00pm-4:00pm)
1450 N Avalon Blvd
Wilmington, CA 90744
(310) 548 - 7420

Arrive Swim Ready

There will be no swim testing on holiday weekends

Mandatory Parent/Guardian Meeting

Sunday, June 9th, 2024 at 10:00am on the north lawn (grass next to LA City Lifeguard Headquarters by the Cabrillo Beach Boat Launch Ramp).

The Los Angeles City Lifeguard Association is a member of the United States Lifesaving Association and the California Surf Life Saving Association.

Competition/Events

There will be local competitions that will be held on scheduled program days. Please see the calendar for dates and times of all events.

Transportation

Parents must provide transportation to all J.G. activities and events (if we are able to provide transportation for certain events we will notify parents immediately).

