

Program Information

The Hansen Dam Junior Lifeguard Program is a seven week program designed to provide children, ages 9-17, with a well-rounded experience of knowledge, skills, and the lifestyle of an open water lifeguard. All participants will be engaged in physical activities in the water and on dry land, with an emphasis on learning, maturing, self-respect, and respect for others.

Program Content

- Participants will learn basic lifeguarding skills, rescue skills, basic CPR, and first aid. (no certificates are issued)
- Physical activities include open water swimming, distance & sand running, and both standup and prone paddling, kayaking, & snorkeling.
- **Possible** competition events consist of: rescue board relays, run-swim-runs, buoy swims, rescue swim relays and beach flags. At various times during the season, participants will be able to compete against Junior Lifeguards throughout Southern California.
- Field trips to local beaches, an introduction to surfing (if possible).

Age Divisions (coed):

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

City of Los Angeles

DEPARTMENT OF RECREATION AND PARKS

Board of Commissioners

President

Renata Simril

Vice President

Luis Sanchez

Members

Marie Lloyd

Fiona Hutton

Benny Tran

General Manager

Jimmy Kim

Executive Officer

Mathew Rudnick

Assistant General Manager

Special Operations Branch

Brenda Aguirre

Citywide Aquatics Division

Principal Recreation Supervisor I

Andre Brent

Aquatic Directors

Carlos Espinoza,

Monique Schwaneman

Peter Schwaneman

Melanie Escamilla

Hansen Dam Aquatic Center

Aquatic Facility Manager III

Edwin Realegeno

Aquatic Facility Manager II

Walter Tobar

Aquatic Facility Manager I

Robert Schallert

Oscar Carmona

CITY OF LOS ANGELES

Department of
Recreation & Parks

CITYWIDE AQUATICS
DIVISION

Hansen Dam



Summer 2024

11798 Foothill Blvd.
Lake View Terrace, CA 91342
(818) 899-3779

www.laparks.org/hansen/index.htm

Program Cost

The seven week program and costs:

- \$ 450.00 per child

Items needed for payment:

- Completed application
- Driver's license numbers for all checks.
- No refunds unless the program is cancelled.
- Checks made payable to: L.A. City Department of Recreation and Parks

Uniform Packet

Boys: 1 Jr. Guard shirt & 1 navy blue shorts

Girls: 1 Jr. Guard shirt & 1 navy blue shorts, 1 navy one piece swimsuit.

Program Dates and Times

Dates: June 17th - August 2nd, 2024

Program Time: 8:00 AM -12:00 PM

Days: Monday through Friday



Registration

Registration opens **April 1st** for All Applicants. Returning applicants from last year, can sign up online or in person without a swim assessment.

All other applicants will be considered new and need to tryout. All registration must be done at Hansen Dam Aquatic Center.

Tryouts

New applicants must successfully complete a swim test prior to registration. The test consists of the following (returning applicants do not have to tryout):

- **100-Yard swim under 2:00 minutes.**
- **Testing Dates: 5/4, 5/11, 5/18, 6/1, 6/8**

Time: 9:00am to 12:00 pm

Test Location: Hansen Dam Aquatic Center.

Participant Age: 9-17 years old

Competitions

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

Competition Events Include: Run-Swim-Runs Distance Swims Distance Runs Paddle Board Races Rescue Relays Beach Flags

Competition & Field Trip Dates will be announced at the parent meeting

****All tentative and Subject to change****

In general beach trips and competitions will end at 2pm

- *Battle of The Beach @ Cabrillo Beach
- *Beach trips
Santa Monica Beach
Dockweiler Beach
- *Annual Hansen Dam JG Triathlon
- *Catalina Trip
- *County Lake competitions

Mandatory Parent Meeting

At least one parent/guardian must attend along with their new or returning Junior Lifeguard. Additional uniform items will be available for purchase on:

Saturday, June 15, 2024

Location: Hansen Dam Lifeguard Headquarters

Time: 9:00am



United States Life Saving Association

Los Angeles City Lifeguards

