



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

City of Los Angeles  
Department of Recreation and Parks

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*Junior Lifeguard Coordinator*  
Gonzalo Moran



**PROGRAM**



**Citywide Aquatics  
(323) 906 - 7953**

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

***\*The classes and programs in this brochure may be subject to cancellation\****



About the program

The Junior Lifeguard program has been developed and implemented throughout the City of Los Angeles for many years. The Junior Guard program allows youths between 10-17 years of age an opportunity to improve their swimming skills, receive a basic understanding of water rescue, first aid, beginning and intermediate snorkeling skills and canoeing skills.

Goals of the program

The goals of the Junior Lifeguard program include enhancing interpersonal skills through training in public contact and teamwork, developing a sense of responsibility, and strong work ethic. The program provides continuing education in water safety, hazards in an aquatic environment, and basic water rescue skills. Added benefits include providing job skills for the possibility of future employment.

Seven Week Session

Week One

Basic water rescue skills, reaching assist with and without equipment, throwing assist, entries into the water, and self-rescue in special situations will be taught during this segment. A review of Intermediate level swim skills will take place throughout the week

Week Two

Emphasis for this segment will be on small craft. The use of a PFD, parts of a canoe, types of paddles, and different paddling techniques will be taught. Carrying a canoe, boarding and launching, capsizing of a canoe, and falling out of a canoe will be reviewed on the canoe trip.

Week Three

Beginning snorkeling skills will be taught during this week. A limited amount of masks, fins, and snorkels will be provided. Participants may bring their own mask, fins and snorkels to take full advantage of the skill practice sessions. Skills taught are an introduction to equipment, defogging and clearing a mask and snorkel swimming with mask and snorkel while kicking with fins.

Week Four

Intermediate snorkeling skills will be taught during this segment which will expand on previous material with more of an emphasis on preparing for a snorkeling skills test.

Week Five

Victim recognition, scanning, emergency action plans, calling EMS, controlling bleeding, bone and joint injuries, seizures, sudden illnesses, self-rescue when clothed. Surface dives, underwater swimming; weight recovery from the bottom will be reviewed. It is important for the participant to bring jeans, a button down long sleeve top, for the segment on self-rescue when clothed.

Week Six

Rescue breathing and CPR demonstrations will be the emphasis for the week. Practice in the Junior Lifeguard Relays will be the majority of the water work. Preventing neck and back injuries will be reviewed.

Week Seven

Volunteer activities around the pool will be assigned. Demonstrations of swim lesson plan, and preparation for the All City Jr. Lifeguard Competition will take place. Participants will receive certificate of completion.



**Participation**

If a participant attends all seven weeks they will receive a certificate of completion from the City Of Los Angeles, Aquatics Division. The cost of the program will include one Junior Lifeguard T-shirt, bus transportation to selected events, materials, and instruction.

**Registration Information**

Cost: **\$40.00**

Program will be limited to 20 participants per facility.

**Last day to register: Friday, July 17, 2009**

**No Exceptions**

**Participant Requirements**

Age 10 – 17, Age verification must be provided at the time of registration through the use of the following documents:

- Report card & matching school identification card
- California issued identification
- Passport
- Birth certificate

Must be able to demonstrate Intermediate level swimming ability. A 200 yard freestyle swim test will be required.

**Participants Responsibilities**

- Attend all trainings and outings
- Wear proper uniform
- Learn and practice all necessary skills
- Demonstrate good sportsmanship and conduct
- Practice team work concepts and leadership skills
- Know and demonstrate the “buddy” system

**Parent/Guardian Responsibilities**

- Encourage and support participant
- Support youth participation and development
- Communicate with Jr. Lifeguard Coach



**Bus Information**

- Coach will be on the bus
- Registered participants w/ field trip slips ONLY
- All participants must be in uniform
- No parents allowed

Note: **Please arrive at least one hour early to meet with coaches. If using bus transportation please contact your Junior Lifeguard Coach for pickup time.**

**Things to Bring for Trips:**

- Junior Lifeguard Uniform
- Sunscreen
- Hat & Sunglasses
- Lunch & Snacks
- Bottled Water
- Change of Clothes
- Disposable Camera (optional)
- A great attitude (required)



**Field Trip # 1**

**Site:** Hansen Dam Aquatic Center  
11798 Foothill Blvd.  
Los Angeles, CA 91342

<b>Region:</b> <u>Valley</u>	<b>Region:</b> <u>Pacific – South</u>
Date: July 21, 2009	Date: July 23, 2009
Time: 9am – 4pm	Time: 9am – 4pm
<b>Region:</b> <u>Metro</u>	<b>Region:</b> <u>Pacific – West</u>
Date: July 22, 2009	Date: July 24, 2009
Time: 9am – 4pm	Time: 9am – 4pm



**Field Trip # 2**

**Site:** Malaga Cove  
389 Paseo Del Mar  
Palos Verdes Estates, CA 90274

<b>Region:</b> <u>Valley</u>	<b>Region:</b> <u>Pacific – South</u>
Date: July 28, 2009	Date: July 30, 2009
Time: 9am – 4pm	Time: 9am – 4pm
<b>Region:</b> <u>Metro</u>	<b>Region:</b> <u>Pacific – West</u>
Date: July 29, 2009	Date: July 31, 2009
Time: 9am – 4pm	Time: 9am – 4pm



**Field Trip # 3**

**Site:** White Point/Royal Palms  
1800 W Paseo Del Mar  
San Pedro, CA 90732

<b>Region:</b> <u>Valley</u>	<b>Region:</b> <u>Pacific – South</u>
Date: August 4, 2009	Date: August 6, 2009
Time: 9am – 4pm	Time: 9am – 4pm
<b>Region:</b> <u>Metro</u>	<b>Region:</b> <u>Pacific - West</u>
Date: August 5, 2009	Date: August 7, 2009
Time: 9am – 4pm	Time: 9am – 4pm



**Citywide Jr. Lifeguard Championships**

**Region:** ALL  
Date: August 16, 2009  
Time: 2pm – 9pm  
Site: EPICC  
3980 S. Menlo Ave.  
Los Angeles, CA 90037

**Citywide Jr. Lifeguard Closing Ceremony**

All Junior Lifeguard Participants are invited to this ceremony. Each Junior Guard may bring up to 4 guests. Junior Guards will be presented with their Certificate of Completion at this time. There will also be a 20 minute slide presentation of their activities during the summer.

**Region:** ALL  
Date: August 23, 2009  
Time: 4pm – 9pm  
Site: Hansen Dam Aquatic Center  
11798 Foothill Blvd.  
Los Angeles, CA 91342

**Recommended items for Closing Ceremony:**

- Swim suit for parents (Optional)
- Change of Clothing
- Warm Clothing

LA City Jr. Lifeguard Program sponsored in part by:



**A Commitment to “Healthy Neighborhoods”**