



## 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, CPR, First Aid, Emergency Response, Small Crafts, Swim Lesson Assisting, Volunteerism.

City of Los Angeles  
Department of  
Recreation and Parks

# Junior Lifeguards

Age: 9 - 17

### CONTACT US

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## Program Dates

JUNE 12, 2023 - AUGUST 18, 2023

Monday - Friday

Time: Varies per Facility



## REGISTRATION AT POOLS\*

YEAR-ROUND: JUNE 3, 2023

SEASONAL: JUNE 10, 2023

TIME: 9:00 AM

Online and In-Person





## Field Trips\*

- Cabrillo Beach
- Hansen Dam

\*Bus Pick-Up/Drop Off Provided

## REQUIREMENTS

- 100 yard medley (25 yards of each stroke: breast stroke, back crawl, sidestroke and front crawl.
- 200 yard freestyle

## 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\*

\$40

## WHAT'S INCLUDED

- Uniform
- Program Award

\*Scholarships Available