

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.

Program Dates

JUNE 12, 2023 - AUGUST 18, 2023

Monday - Friday
Time: Varies per Facility



City of Los Angeles
Department of
Recreation and Parks

Junior Lifeguards

Age: 9 - 17

CONTACT US

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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

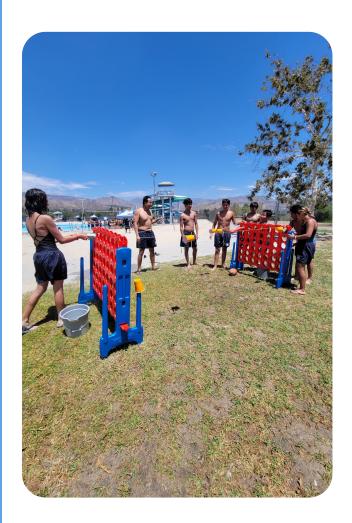
Competitions are fun social events that build self-esteem and teamwork, consisting of team relays.

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