

Program Information

The Hansen Dam Junior Lifeguard Program is a six week program designed to provide boys and girls, 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 lifeguarding skills, rescue skills, basic CPR, and first aid.
- Physical activities include open water swimming, distance & sand running, and both standup and prone paddling, kayaking, & snorkeling.
- 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, Catalina Island, Castaic Lake, and an introduction to surfing (if possible).
- Photographs will be available for an additional charge by a professional photography company.

Age Divisions (coed):

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

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

Hansen Dam

11798 Foothill Blvd.

Lake View Terrace, CA 91342

(818) 899-3779

www.laparks.org/hansen/index.htm



SUMMER 2017 PROGRAM INFORMATION

Persons with disabilities are welcome to participate in programs and classes. Reasonable accommodations will be provided upon request. To ensure availability, you are advised to make your request at least 72 hours prior to the program or class you wish to participate.

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

“Sportsmanship is Everyone’s Responsibility.”

Program Cost

The six week program and costs:

- \$ 365 per child
- \$ 345 for each additional sibling
- Catalina Trip included
- USLA Membership

Optional Fees:

- Group & individual photos. Provided by professional photographer.

Items needed for payment:

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

Uniform Packet

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

Males: 1 Jr. Guard shirt, 1 navy swim suit, & 1 navy blue shorts.

Optional Sale Items:

Rash Guards w/ Logo	\$16.00
Baseball Cap w/ Logo	\$16.00
Sweatshirts	\$20.00

Additional uniforms:

Board Shorts	\$22.00
Volley Shorts	\$19.00
T-Shirts	\$7.00
Female Swim Suit	\$21.00
Hoodie Sweat Shirt	\$20.00



Dates and Times

Dates: June 19th - July 28th, 2017

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

Days: Monday through Friday

**No class will be conducted on July 4, 2017*

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.

Dates: 5/6, 5/13, 5/20 & 5/27

Time: 9:00am to 12:00 pm

Test Location: Hansen Dam Aquatic Center

Returning Jr. Guards: Registration opens May 6th

Maximum Enrollment: 80 participants

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 Dates & Field Trips:

- Hansen Dam vs. County Lakes, 6/28 & 7/26
- Battle of The Beach @ Cabrillo Beach, 7/12
- CSLSA Regional Competition, 7/21 (no bus)
- Field trip to Catalina Island, 7/27 (no bus)
- Beach trips 6/23, 6/30 & 7/6

**Arrival to Hansen Dam from field trips will be 5pm.*

Dates & times in this program may be subject to change.

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 this day.

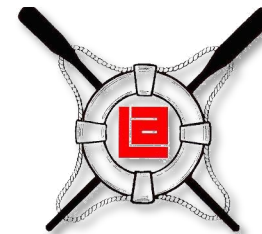
Saturday, June 17, 2017

Location: Hansen Dam Lifeguard Headquarters

Time: 9:00 am



United States Life Saving Association



Los Angeles City Lifeguard Association

