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PARKS**

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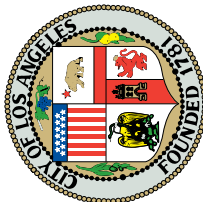
Aquatic Facility Manager I

Leon Aguilar



PARKPROUDLA

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
CABRILLO BEACH LIFEGUARD HEADQUARTERS
3720 Stephen M. White Drive
San Pedro, CA 90731
Mail Stop #644-1



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

CABRILLO BEACH

3720 Stephen M. White Drive

San Pedro, CA 90731

(310)548-2909

Visit: www.LAPARKS.org/aquatics

Email: citywide.aquatics@lacity.org



SUMMER 2018
PROGRAM INFORMATION

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

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

“Sportsmanship is Everyone’s Responsibility.”

About the Program

The City of Los Angeles Open Water Junior Lifeguard Program is a six week program designed to provide children ages 9-17 with knowledge and respect for the open water environment at the beach. It is also a program that introduces them to a possible career choice in public safety.

The Program Content

- Instruction in aquatic skills, such as swimming, running and paddling, with the intent of instilling participants with confidence in their abilities in the ocean and designed to promote physical development and water safety.
- Instruction in lifeguarding skills such as effecting swim rescues, Community CPR and First Aid.
- Conditioning for competitive activities, such as rescue board relays, run-swim-runs, buoy swims, rescue can relays, run relays, and beach flags, with the intent of promoting teamwork and participating in local, regional and national Junior Lifeguard competitions against other agencies.
- Development in Snorkeling, Kayaking, Paddling and Surfing skills.
- Excursions to local marine mammal care facilities.
- Guest lecturers from local organizations.

Age Divisions (all coed):

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

Registration Information

All applicants must pass a required swim test to participate in the program. The test consists of a 100-yard timed swim, which must be completed in 1:59 minutes or less. Upon successful completion of the swim test, the candidate is required to fill out the registration packet. Program fees must accompany the application. Once the registration packet and payment have been received, the candidate will receive his/her uniform and a program information packet.

Program Cost

The six week program will cost \$375.00 per child, \$355.00 for each additional child in the immediate household. The cost of the program includes 1 uniform packet, USLA membership, and the annual Catalina field trip. **Sorry, there are no scholarships available.** Payment program available upon request.

Items needed for payment:

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

Uniform Packet

- Female participants will receive 1 t-shirt, 1 swim suit and 1 pair of volley shorts.
- Male participants will receive 1 t-shirt and 1 volley shorts or board shorts.
- Additional uniforms and accessories will be available for purchase during the term of the program (see price list).

Summer Schedule

Six Week Program: June 18th thru July 27th, 2018. Monday thru Friday, 8am-12pm.

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

Swim Test/Registration Dates

Hey Rookie Pool
3601 S. Gaffey Street
San Pedro, CA 90731
(310)521-9017

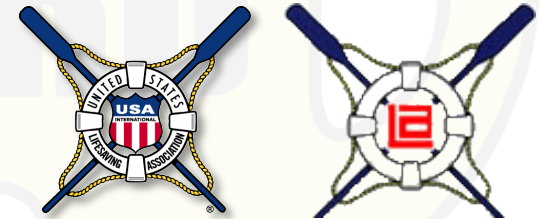
Saturday, June 2nd, 2018 (10am-12pm).

Please don't forget your swim suit, goggles and a towel! Returning Junior Lifeguards may register at the above test date at 9am or at Cabrillo Beach Lifeguard HQ during normal operating hours.

Mandatory Parent/Guardian Meeting

Saturday, June 16th at 1pm at the Cabrillo Marine Aquarium's John M. Olguin Auditorium.

The Los Angeles City Lifeguard Association is a member of the United States Lifesaving Association and the California Surf Life Saving Association.



Competition/Events

There will be local competitions that will be held on scheduled program days. These competitions will be open to all JGs who are selected to represent our agency at the Regional and National level. Please see the calendar for dates and times of all events.

Transportation

Parents must provide transportation to all JG activities and events.