

Los Angeles County Fire Department JUNIOR LIFEGUARD PROGRAM

NEW

SUMMER 2007

The **JUNIOR LIFEGUARD PROGRAM** is offered to all boys and girls in Los Angeles County. The program is designed to instruct youth (ages 9 through 17) in beach and ocean skills. The five week program provides instruction in water safety, swimming, body surfing, surfing, physical conditioning, competition skills, first aid, lifesaving, rescue techniques, CPR, and the use of professional lifeguard equipment.

Requirements: A Junior Lifeguard **must participate** in buoy swims, sand runs and other unique physical events on a **daily basis** in order to receive a certificate of completion. Because the program demands above average swimming endurance, all applicants who were not in the 2006 summer program **must qualify for the program at one of the pool swim tryouts listed below.**

Program Dates: **Monday, July 2nd through Friday, August 3rd, 2007.**

Program Fee: The 2007 program fee is **\$420.00**. The fee includes program tuition, uniform, and a membership to the United States Lifesaving Association. Your child will receive a membership packet and magazine subscription from the United States Lifesaving Association by US Mail. Financial aid is available; please see the back of this form for more information. Please make checks payable to: **LA County Junior Lifeguard Program**. The Program fee can also be paid by credit card (Mastercard or Visa only); the cardholder *must be present* during registration to use this option.

Class Locations: When enrollment warrants, classes will be held at the following beaches: **Avalon** (Catalina Island – a.m. session only); **Cabrillo** (main station – a.m. only); **Torrance** (main station); **Redondo** (Knob Hill); **Hermosa** (14th Street); **Manhattan** (Marine Avenue); **El Segundo** (Grand Avenue); **Venice** (Avenue 26); **Santa Monica** (tower 8); **Will Rogers** (tower 15); and **Zuma** (tower 9).

Class Hours: Junior Lifeguards will be held in two separate sessions Monday through Thursday, the **morning session (8:30 to 11:30 am)** or the **afternoon session (1:30 to 4:30 pm)**. There will be one combined session on Fridays from **9:30 am to 3:30 pm**. Depending on enrollment, you may have your choice of either the morning or afternoon session for Monday - Thursday. Please note that some class locations may not offer an afternoon session. You may only sign up for one session. Parents should **please note:** the Monday to Thursday program hours may *occasionally* be modified into all-day sessions in order to accommodate field trips or competitions that require the participation of all the JG's in a group. Please check with your instructor or your area calendar for details.

Class Size: Classes are filled on a **first come, first served** basis, after applicants pass the swim test. Classes are made up of 30 children. **When a class is full, registration for that class will be closed; NO EXCEPTIONS.** A waiting list may be generated for a filled class; please inquire during registration. Insufficient enrollment in a particular class may cause it to be combined with another age group or cancelled. Parents will be notified in either situation.

Age Groupings: Junior Lifeguards are divided into classes based on their age as of July 1, 2007. Students must be at least 9 years old by 7/01/07 to participate in Junior Lifeguards. The groups are:

A Group:	14 to 17 years old
B Group:	12 to 13 years old
C Group:	9 to 11 years old

Birth Certificate: **All JG applicants MUST provide a photocopy of their Birth Certificate (the original or a certified abstract) at the time of registration; it will be kept secure and on file in the JG Office for as long as they remain in the Program.**

SWIM TEST AND UNIFORM PICK UP TIMES AND LOCATIONS

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| 1) | Saturday, May 5
(Swim Test and Uniform pick-up) | <u>9 a.m. to 2 p.m.</u> | @ Santa Monica Swim Center
2225 16 th Street, Santa Monica
(The corner of Pico and 16 th St.) |
| 2) | Saturday, May 19
(Swim Test and Uniform pick-up) | <u>9 a.m. to 1 p.m.</u> | @ Mira Costa High School Pool
701 S. Peck Ave, Manhattan Bch
(1 block North of Artesia Blvd.) |
| 3) | Saturday, June 2
(Swim Test and Uniform pick-up) | <u>10 a.m. to 12 p.m.</u> | @ Malibu High School Pool
30215 Morningview Drive, Malibu
(PCH North, Right on Morningview) |

ALL JUNIOR GUARDS (NEW AND RETURNING) MUST PICK UP THEIR UNIFORMS BEFORE THE PROGRAM BEGINS!

If you do not get your uniform at one of the above scheduled test locations, you will have to pick it up at the Junior Guard Headquarters at Dockweiler Beach (a parking fee must be paid) between 10am and 2pm on June 19, 20, or 21.

New Junior Lifeguard Applicant Information

LINE-UPS: The JG Office will once again utilize the *randomly drawn* wristband system for determining order of swim testing. **THERE WILL BE NO LINE-UPS ALLOWED** at the test locations **BEFORE 7am**. Wristbands will be given out from 7:30 to 8:30 am; **children must be present to receive a wristband**. All applicants will line up in numerical order based upon their randomly drawn wristband number to take the swim test. Children will not be allowed to enter the facility or take the swim test without a wristband. Children from one family or carpool should be assigned the same wristband number; please notify the attendant before your draw if you have more than one child testing that day.

SWIM TEST: All NEW applicants **MUST PASS** a timed 100-yard swim test at one of the locations listed above. The Junior Lifeguard program **is not** a swim school and it requires above average swimming ability to participate. The 100-yard distance is 4 lengths of a regulation high school pool. Please bring your own suit and towel for testing. You may also want to bring swim goggles and a swim cap for applicants with longer hair. A lightweight swimsuit is recommended for better performance.

SWIM TIMES: The maximum acceptable swim times are as follows:

- 1) C's – 9 to 11 years old 1:50 minutes or less
- 2) B's – 12 to 13 years old 1:40 minutes or less
- 3) A's – 14 to 17 years old 1:30 minutes or less

IMPORTANT!! NEW APPLICANTS: Have your completed application, a *copy* of your birth certificate and your credit card (MC or VISA only), cash, or a check or money order for \$420.00, payable to "LACO Junior Lifeguard Program", **AT THE SWIM TRYOUT**. Please **DO NOT MAIL** your application into the program! **ONLY** those children who participated in the 2006 program may submit their application through the mail.

Uniforms: Included in your registration fee is the required uniform: Boys receive a white T-shirt with JG emblem and a pair of navy blue swim trunks. Girls receive a white T-shirt with JG emblem and a navy blue competition style swimsuit. Extra swim trunks (ie. for girls) are available for purchase at a cost of \$15; additional T-shirts will be available at a cost of \$10. Unfortunately, no additional girls' swimsuits will be available for purchase; however, navy blue one-piece tank suits may be purchased at the retailer of your choice.

All additional uniform items, including T-shirts, shorts, sun hats, knit caps, rash guards and sweatshirts will be available for purchase at the uniform pick-up/swim test locations. **Please have a separate check available for these items**, as they are sold as a fundraiser through the Los Angeles County Lifeguard Association (LACOLA).

Financial Aid: Please call **(310) 305-9587** for a Financial Aid Application. Eligibility must be determined before registration is completed. Financial aid qualification is based on household income; 2006 tax documents, unemployment documents, or welfare documents will be required for eligibility. **No W2's** will be accepted. The deadline for application is **June 2nd, 2007**.

Tax I.D. Number: The Junior Lifeguard Program Tax Identification Number is: **95-6000927**.

Refund Policy: If your child is unable to participate, a refund may be available. We must receive your request for a refund **in writing** no later than 5:00 p.m., **Monday, July 9th, 2007**.

Mail or hand-deliver your refund request to:

Junior Lifeguard Office, 2600 Strand, Manhattan Beach, CA 90266

or you may email your request to captcan@fire.lacounty.gov

PLEASE NOTE: THE UNIFORM COST (\$25) & USLA MEMBERSHIP (\$10) ARE NON-REFUNDABLE. The refund you receive will be reduced by \$35.00.

Transportation: Free Transportation (by Van or Bus) is available from set pick up locations from non-beach areas (East L.A., South L.A., San Fernando Valley). Please call **310-305-9587** for a Transportation application.

Program Office: For additional information or registration questions, feel free to call the Junior Lifeguard Office at **(310) 939-7214**. If we are not immediately available, we will return your voice mail message as soon as possible. Thank You.

Visit the Los Angeles County Junior Lifeguard Web Site at:

<http://www.lacountylifeguards.org>

PLEASE RETAIN THIS INFORMATION SHEET FOR YOUR RECORDS.