2015 JUNIOR LIFEGUARD INFORMATION

The Long Beach Fire Department's Marine Safety Division will once again sponsor the Junior Lifeguard Program this summer. The program will be held from June 29 to August 7, 2015. As always, there will be two sessions to the program. Each session will be held Monday through Friday at Junior Lifeguard Headquarters, located on the beach at 55th Place and Ocean Blvd. Students must be 9 years of age as of July 1, 2015.

The Junior Lifeguard Program offers students 9 to 17 years of age the opportunity to receive instruction in Lifeguard rescue technique, emergency medical first-aid, ocean sports activity, physical conditioning, marine ecology, and public service. Field trips and competitions at other area beaches will highlight the six (6) week course. All aspects of beach activity will be explored from beach running to skin diving. The program is presented in a manner that will enable each student to participate to the best of his or her abilities while acquiring new skills and abilities.

<table>
<thead>
<tr>
<th>Age Divisions</th>
<th>Daily Activities</th>
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<tbody>
<tr>
<td>C Group - 9 to 11 years</td>
<td>Calisthenics and stretching</td>
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<tr>
<td>B Group - 12 to 13 years</td>
<td>Physical conditioning</td>
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<td>A Group - 14 to 17 years</td>
<td>Rescue technique instruction</td>
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<tr>
<th>Session Times</th>
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<tbody>
<tr>
<td>Morning – 9:00 a.m. to 12 noon</td>
<td>Ocean ecology</td>
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<tr>
<td>Afternoon – 1:00 p.m. to 4 p.m.</td>
<td>Ocean sports and competition</td>
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STUD IRONMAN: Tuesday, August 4, 2015 at the 1st Place Lifeguard Station. Check-in is at 8AM and will start promptly at 9AM.

New Junior Guards: Students who did not participate in the program the previous summer are required to pass the swim test before being accepted into the program. New students must be able to swim 100 yards in less than two (2) minutes in order to qualify. No Exceptions!

FOR MORNING SESSION ONLY: AWARDED ON A LOTTERY BASIS FOR EACH AGE DIVISION LOTTERY NAMES WILL BE DRAWN AFTER THE FINAL TRYOUT LOTTERY RECIPIENTS WILL BE NOTIFIED BY MAIL SIBLINGS ARE NOT GUARANTEED A MORNING SPOT OR SAME SESSION TIMES

Tryouts are held at the Belmont Plaza Outdoor Pool, 4000 Olympic Plaza, Long Beach 90803 [Subject to change due to ongoing construction]

Saturdays: April 18, April 25, May 9, and May 16, 8:00 a.m. – 10:00 a.m.
Friday Evening: May 8, 6:00 p.m. – 8:00 p.m.

NO ADDITIONAL TRYOUTS WILL BE AVAILABLE

**All Returning Junior Guards**

Preferred session requests, all fees and applications must be received in our office BY 3:00 P.M. MARCH 27, 2015

A.M. REQUESTS RECEIVED AFTER 3:00 P.M.WILL AUTOMATICALLY BE PUT IN THE LOTTERY UNLESS OTHERWISE NOTED

THREE (3) SEPARATE CHECKS OR MONEY ORDERS PLEASE – NO CASH ACCEPTED

CHECK #1: Registration Fee: $450.00 per person – Check made payable to Long Beach Fire Department (Returned Check Charge - Any person who passes a payment on uncollected funds shall be liable to the City for the amount of the check and a returned check charge of $35.00)

CHECK #2: Secondary Insurance Fee: $16.00 per person -. Secondary insurance provided by AAU is required. Do not send to AAU. This fee is non-refundable. Check made payable to AAU.

CHECK #3: Additional clothing and products – Check made payable to Long Beach Junior Lifeguards (Optional) (A $15.00 charge will be assessed on each check returned to the LBFCU for insufficient funds along with any charges we incur by your financial institute)

REFUND POLICY: Refunds requested before the completion of the first week of instruction. Please ask JG Coordinator for Refund Form. NO REFUNDS AFTER JULY 3RD, 2015. An $8.00 processing fee will be deducted from the amount paid.

SCHOLARSHIPS: Scholarships available to qualified candidates that show need. Applications available upon request at all tryouts.

For more information regarding the program, please call (562) 570-8550 or email LBJG@longbeach.gov

City of Long Beach Fire Department is an equal opportunity services provider

This information is available in an alternative format by request at 562-570-1286