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CABRILLO BEACH

SUMMER 2025



3720 Stephen M White, San Pedro, CA 90731. (310) 548-2909



PROGRAM



The Cabrillo Beach Junior Lifeguard Program is a seven week program designed to provide children, ages 9-17, with a well-rounded experience of knowledge, skills, and the lifestyle of an Ocean Lifeguard. All participants will be engaged in physical activities in the ocean and on beach, with an emphasis on learning, integrity, self-respect, respect for others and respect for the ocean.

AGE DIVISION (CO-ED)

AA: 16-17 YEARS

A: 14-15 YEARS

B: 12-13 YEARS

C: 9-11 YEARS



MANDATORY PARENT MEETING



The parent meeting is meant to give families an introduction to our program, provide a program calendar, deliver uniforms and meet the instructors. At least one parent/guardian must attend along with their new or returning Junior Lifeguard.

Date: Sunday, June 8, 2025

**Location: North lawn adjacent to the
Cabrillo Beach Lifeguard HQ**

Time: 10:00am

TRYOUTS

New applicants must successfully complete a 100-Yard swim test in under 2:00 minutes prior to registration (returning applicants do not have to tryout).

Testing Dates: Starting Sunday April 13th, 2025.

Time: 12:00 pm-3:30 pm

Test Location: Hey Rookie Pool 3351 S Gaffey St San Pedro, CA 90731

Tests are conducted ONLY ON SUNDAYS, and please specify with the pool staff that you are there for the Cabrillo Beach Jr Lifeguard try outs so that you complete the correct swim test

REGISTRATION

Returning Applicants Registration Opens March 21, 2025

New Applicants Registration is available upon completing swim test

Returning Applicants from past summer can sign up online or in person without a swim assessment.

All other applicants will be considered new and need to tryout BEFORE REGISTERING ONLINE.



PROGRAM COST

The seven week program and costs:

\$ 500.00 per child

\$480.00 per additional child

Items needed for payment:

- Completed application
- Driver's license numbers for all checks.
- No refunds unless the program is cancelled.
- Checks made payable to:

L.A. City

Department of Recreation and Parks

PROGRAM DATES

Dates: June 23rd, 2025 - August 8th, 2025

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

Days: Monday through Friday

PROGRAM PACKET

Boys: 1 Jr. Guard shirt, 1 navy blue shorts, sweatshirts

Girls: 1 Jr. Guard shirt, 1 navy blue shorts, Swim suit, sweatshirts

Activities



FIRST AID SKILLS *



CPR SKILLS*



LIFESAVING SKILLS*



PADDLING/SURFING



Physical activities include open water swimming, distance & sand running, both knee and prone paddling, and intro to surfing.

Competition events consist of: rescue board relays, run-swim-runs, surf 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.

***this is not a certification**

**Long Beach
Dockweiler Beach
Hansen Dam
Aquatic Center
Catalina Island
Fire Station 112**



Competitions



Competitions are fun social events that build self-esteem & camaraderie, consisting of individual events and team relays

Competition & Field Trip Dates will be announced at the parent meeting
All tentative and Subject to change



**United States Life Saving Association
Los Angeles City Lifeguards**



- **Battle of The Beach - Cabrillo Beach**
- **Annual Hansen Dam JG Triathlon**
- **Long Beach JG Field Trip - Rosie's Dog Beach**
- **Catalina Field Trip**
- **Fire Station 112 Field Trip**
- **CSLSA/USLA Regional Competition**

(Participants are required to provide an entry fee)



Whats needed from the participants



- **Participants must purchase their own USLA Membership: Gold Junior Lifeguard \$20 - Purchased at USLA.ORG**
(more detail will be explained during Parent Meeting)
- **Everyday: JG Uniform, running shoes, sandals, Swim suits, Towels, Change of clothes, Sunscreen, Water, Lunch or Snacks**