

# DRIVEN BY THE MISSION OF AQUATICS

The Junior Lifeguard Program is designed for youth ages 9- 17 years old who are interested in building confidence, skills, and teamwork in a fun & supportive aquatic environment. Participants are introduced to the core skills needed to become future lifeguards with the City of Los Angeles while learning the importance of safety, responsibility, and community service.

Through hands-on activities, Junior Lifeguards improve their swimming abilities, practice water safety skills, and learn the basics of hands-only CPR, first aid, and emergency response in aquatic settings. The program emphasizes teamwork, leadership, and personal growth while exposing participants to exciting experiences such as open-water swimming, paddleboarding, small watercraft, assisting with swim lessons, volunteer opportunities, and an introduction to surfing during a Cabrillo Beach trip.



# PARTICIPATING POOLS

## YEAR ROUND FACILITIES

- ★ Algin Sutton
- ★ Banning
- ★ Celes King III
- ★ Cleveland H.S
- ★ Dymally
- ★ Echo Indoor
- ★ E.G. Roberts
- ★ Fremont
- ★ Glassell
- ★ Granada Hills
- ★ Hey Rookie
- ★ Hollywood
- ★ Hubert Humphrey
- ★ John C. Argue Swim Stadium (EXPO)
- ★ L.A.C.E.S
- ★ Lincoln
- ★ Richard Alatorre
- ★ Roosevelt
- ★ Van Ness
- ★ Van Nuys Sherman Oaks
- ★ Venice H.S.
- ★ Verdugo Hills
- ★ Westwood
- ★ Woodland Hills
- ★ Yosemite

## SUMMER FACILITIES

- ★ 109th Street
- ★ Central
- ★ Cheviot Hills
- ★ Downey
- ★ Fernangeles
- ★ Harbor Park
- ★ Highland
- ★ J.T. Harvard
- ★ Lanark
- ★ Mar Vista
- ★ North Hollywood
- ★ Northridge
- ★ Pan Pacific
- ★ Pecan
- ★ Reseda
- ★ Ritchie Valens
- ★ Ross Snyder
- ★ Sepulveda
- ★ South Park
- ★ Stoner Park
- ★ Sun Valley
- ★ Sylmar
- ★ Valley Plaza
- ★ Westchester

City of Los Angeles  
Department of  
Recreation and Parks



In partnership with  
Kaiser Permanente



# PROGRAM REQUIREMENTS

## AGE GROUPS

- Juniors: 9-13 yrs
- Seniors: 14-17 yrs



## SWIM REQUIREMENT

- Participants must complete a 100 yard swim



# PROGRAM FEES AND SCHEDULE

## SEASON LENGTH

June 15, 2026-August 14, 2026

Days: Monday-Friday

Practice Time: 1 hour\*

\*Time Varies per facility



## FEES\*

\$50

\*Limited Scholarships available at each site



# REGISTRATION BEGINS

YEAR ROUND FACILITIES  
 April 25, 2026  
 Time: 9:00 am  
 (25 max participants)

SUMMER FACILITIES  
 June 07, 2026  
 Time: 9:00 am  
 (20 max participants)

# FIELD TRIPS\*



Cabrillo Beach



Hansen Dam Aquatic Center



Transportation is Provided

# CONTACT US

## PROGRAM COORDINATORS

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Registration Website

Online at  
[recreation.parks.lacity.gov](https://recreation.parks.lacity.gov)  
 & In-Person  
 for Summer 2026



Junior Lifeguard Homepage



LA City Aquatics Instagram