



# City of Oceanside Junior Lifeguard Program 2012

## The Program

The Oceanside Junior Lifeguard Program offers individuals, ages 9-17, the opportunity to learn beach safety and ocean lifesaving skills from experienced Oceanside Beach Lifeguards. Junior Lifeguard daily activities include education in beach and ocean safety, running and swimming activities, beach games, surfing, competitions, and a field trip to La Jolla Cove and Knott's Soak City. Junior Lifeguards will also have the opportunity to learn about tower guarding, rescue techniques, boat rescues, marine biology, oceanography, first aid, and CPR.

## Location

Junior Guards meet at Oceanside Harbor Beach, behind lifeguard tower 14, across from the boat launch ramp.

## Schedule

**M/W/F** (Sessions 1 & 3) meet **9am-2pm**  
**T/Th** (Sessions 2 & 4) meet **9am-3pm**

## Session Dates

### M/W/F SESSIONS

Session 1: 6/18 – 7/13 and 7/10  
Session 3: 7/16 – 8/10

### TUE/THUR SESSIONS

Session 2: 6/19 - 7/12, 7/2 and 7/9  
Session 4: 7/17 – 8/9, 7/30 and 8/6

## Registration

**Fee:** \$ 310.00 per session/child  
\$20 discount will apply for additional family members in the same session or one child in multiple sessions

This fee includes instruction, an SPF 25 lycra rashguard, T-shirt, patch, hat, and field trips.

## Financial Aid

Financial Aid is available for Oceanside residents only. Scholarships are limited and are obtained through the Parks & Recreation Division. For more information contact **Jamie Boatright** at 435-5228 or information is available online at:

<http://www.ci.oceanside.ca.us/gov/fire/div/jrlifeguards.asp>

## Uniforms

Oceanside Junior Lifeguards **must** wear the Junior Lifeguard uniform during JG activities. A **royal blue** swimsuit is required and are available for purchase through the program (see order form).

Female swimsuits will be available for purchase at all swim test dates and the first day of each session through an outside vendor (not included in uniform order form).

1 T-shirt/ hat/ and rash guard are included in fee

|                          |      |
|--------------------------|------|
| Additional T-shirt       | \$10 |
| Trunks                   | \$18 |
| Sweatshirt (blue/ White) | \$23 |

## Swim Test

**All first-time participants must complete a swim test.** *Former participants* who have completed a swim test do not need to test again. The swim test is as follows:

**Ages 9-12:** 100 yard swim in less than 3 minutes, tread water for 5 minutes, and swim underwater.

**Ages 13-17:** 200 yard swim in less than 5 minutes, tread water for 5 minutes, and swim underwater.

### Swim Test Dates

|      |  |
|------|--|
| May  | 26 <sup>th</sup>                                       |
| June | 2 <sup>nd</sup> , 9 <sup>th</sup> , & 23 <sup>rd</sup> |
| July | 7 <sup>th</sup>  |

Swim Test are held at:  
**Brooks Street Swim Center**  
**130 Brooks St. Oceanside, CA 92054**

## How to Enroll

- Download and print an application from the City's website. Applications are also available at Oceanside Lifeguard Headquarters.
- Turn in the application by mail to Oceanside Lifeguards, 300 N. Coast Highway, Oceanside CA, 92054 or by dropping it off at Oceanside Lifeguard Headquarters located at 301 N. the Strand. Registration is filled on "FIRST PAID, FIRST REGISTERED" basis.
- A \$100 deposit (\$50 of which is non-refundable) is required upon receiving your application to hold your child's spot in a desired session. *This can be done PRIOR to taking a swim test.*
- All outstanding fees must be paid two weeks before the start of the session; your child will not be able to participate until balance is paid in full.
- New participants **MUST** complete the swim test on one of the scheduled dates *prior* to the start of the session.
- All uniforms ordered will be handed out on the first day.
- An invoice will be mailed/e- mailed out upon processing your application

## For More Information

Visit our website at:  
<http://www.ci.oceanside.ca.us/gov/fire/div/jrlifeguards.asp>

call:  
Oceanside Junior Lifeguard Information Line  
(760) 435-4020, ext. 3.

Or e-mail us at:  
[JGstaff@ci.oceanside.ca.us](mailto:JGstaff@ci.oceanside.ca.us)