



The Program

The Oceanside Junior Lifeguard Program offers individuals, ages 9-17, the opportunity to learn beach safety and ocean life-saving 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 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.



How to Enroll

- 1 Download and print an application from the City's website. Applications are also available at Oceanside Lifeguard Headquarters.
- 2 Turn in the application by mail to Oceanside Junior 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.
- 3 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.
- 4 All outstanding fees must be paid on the first day of the session; your child will not be able to participate until balance is paid in full.
- 5 New participants must complete the swim test on one of the scheduled dates *prior* to the start of the session.
- 6 All uniforms ordered will be handed out on the first day.
- 7 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:

(760) 435-4020, ext. 3. or
435-4021 to leave a message

Or e-mail:

jgstaff@ci.oceanside.ca.us

OCEANSIDE JUNIOR LIFEGUARD Program



2012

OCEANSIDE FIRE DEPARTMENT LIFEGUARD DIVISION
JUNIOR LIFEGUARD PROGRAM

300 N. Coast Highway
Oceanside, CA 92054
760.435.4021 EXT. 3





Location

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



Schedule

M/W/F - meet **9am-2pm**

T/TH - meet **9am-3pm**

Session Dates

M/W/F SESSIONS

- Session 1: 6/18 – 7/13
Including 7/10.
No meeting on 7/4.
- Session 3: 7/16 – 8/10

TUE/THUR SESSIONS

- Session 2: 6/19 — 7/12
Including Monday 7/2
And Monday 7/9
- Session 4: 7/17 – 8/9
Including Monday 7/30
And Monday 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.

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	26th
June	2nd, 9th, and 23rd
July	7th

Swim test will start at **8 AM** each Sat.

Brooks Street Swim Center

130 Brooks St.
Oceanside, CA 92054

Uniforms

Oceanside Junior Lifeguards **must** wear the Junior Lifeguard uniform during JG activities. A **royal blue** swimsuit is required and is 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 (not included in uniform order form).



A t-shirt, hat, and rash guard are included in the registration fee.

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

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 760-435-5228.

Refunds

See Parent Handbook for additional information.