



Oceanside Junior Lifeguards Session 2



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
		Intro to Beach & Lifeguard Service / Beach Rules & Regulations		Rips, waves & currents / Rescues / Marine Life		
22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
		Picture Day 9am Universal Precautions / Bleeding / ABC's C Sandwich		CPR & Choking / Enviromental & Man made hazards / A Sandwich		
29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
		Poison & Shock. Dislocations and broken bones SC Sandwich		La Jolla Cove Field Trip Return at 3:00pm		
6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
	Competition at Oceanside Tower 14 & 16.	Spinal and Head Injuries / Sprains & Strains B Sandwich	Aquatica Waterpark, Chula Vista Return 3:00pm	JG Olympics. (Normal Hours) SR Sandwich Awards Banquet (6-8 pm)		