

JUNIOR LIFEGUARD PROGRAM INFORMATION

WHAT IS A JR. LIFEGUARD PROGRAM

The Junior Lifeguard Programs are three week long day camps providing ocean safety, surfing, bodyboarding, and 1st-aid/CPR. Instruction, supervision and activities managed by the California Junior Lifeguard Programs Inc. Swimmers, surfers, and bodyboarders of all ability and skill levels, Ages 8-17 are eligible to sign up for camps.

SAFETY FIRST

The California Junior Lifeguard Program offers step-by-step skill development with a safety-first motto. We take pride in offering a variety of challenging activities with expert instruction in a fun atmosphere designed for the

young and the young at heart. Camaraderie, self respect, physical conditioning, and good clean fun are all important aspects of the Junior Lifeguard Program.

DRUGS AND ALCOHOL ARE NOT TOLERATED

GOALS & OBJECTIVES

The goals of the program are:

- 1: To provide an educational and recreational environment and to instruct young people on how to safely handle themselves in a variety of ocean situations.
- 2: To educate participants in the skills necessary to help others in an emergency situation.

INSTRUCTORS

The California Junior Lifeguard staff are first-aid and CPR certified lifeguards and instructors. All program staff must pass an extensive background check and interview, a demanding physical fitness testing process and undergo annual instructor training in all aspects of the Junior Lifeguard programs.

ACTIVITIES

RECREATIONAL ACTIVITIES:

Ocean Swims, bodyboarding, surfing, paddling, beach games, and lots of fun.

HEALTH & SAFETY ACTIVITIES:

First-aid instruction, CPR instruction with certification for participants 14 years and older, environmental awareness, physical fitness, drug prevention education, and nutritional guidance.

SURF LIFESAVING ACTIVITIES:

Preventive lifeguarding skills, rescue paddleboard training, identification of ocean conditions, hazards, distressed swimmers, and mock ocean rescue activities,

EDUCATIONAL ACTIVITIES:

Marine biology, oceanography, coastal geology, along with environmental impacts and issues.

LOCATIONS

Programs run Monday through Friday from 9:00 am to 3:00 pm at two convenient Orange County locations.

IN NORTH ORANGE COUNTY AT SUNSET BEACH PARK

Pacific Coast Highway at Warner Avenue in Sunset Beach, north of Bolsa Chica State Beach.

IN SOUTH ORANGE COUNTY AT SALT CREEK BEACH PARK
Pacific Coast Highway at Niguel Road in Dana Point.

TRYOUT INFORMATION

To become a California Junior Lifeguard all participants must be between the ages of 8 and 17 and have passed the following physical test of swimming skills:

- 1: Tread water for 5 minutes.
- 2: Swim underwater for 10 yards.
- 3: Swim 100 yards in 2 1/2 minutes or less.

Tryout requirements may be met by attending one of our scheduled tryouts held at various locations in Orange County. Participants who have successfully completed this or other Junior Lifeguard program do not need to tryout again.

SUPER SURF CAMPS

HOW SUPER SURF CAMP WORKS

SUPER SURF CAMP is a 1 week-long day camp providing surfing instruction, supervision and learning activities.

SUPER SURF CAMP surfers are divided into groups according to ability levels:

Beginner groups are taught the fundamentals of surfing, ocean conditions, swell, tide, safety, board & equipment care and maintenance

Intermediate and advanced surfers are introduced to additional skills and more advanced maneuvers and techniques.

WHO CAN ATTEND SUPER SURF CAMP

Swimmers, surfers and bodyboarders of all ability and skill levels, ages 8 through adult are eligible to sign up for SUPER SURF CAMP. All participants must possess basic swimming ability and be able to safely handle themselves in the ocean. There are no tryouts for Super Surf Camp.

LOCATION

Programs run Monday through Friday from 9:00 am to 3:00 pm at Huntington State Beach, Newland Street and Pacific Coast Highway, The Orange County coast

offers a truly unique combination of world class surf breaks along perhaps the most beautiful coastline in the world. The winding coastline captures swells year round and blends warm water and great weather to create excellent surfing conditions.

WHAT TO BRING

Participants should bring: surfboard, bodyboard, leash, fins, warm clothing, wetsuit, booties, surf-wax, toiletries, shoes, socks, towels, lunch, plenty of fluids, sun-screen lotion, lip-coat, sun hat, spending money, and a.....

GOOD POSITIVE MENTAL ATTITUDE

LOANER EQUIPMENT

If you have your own surfboard, bodyboard, or wetsuit, you should bring them. We have a wide variety of loaner boards and wetsuits specially suited for all ability levels. These items are available on a first-come basis. Early confirmation is important if you do not own gear and want to use loaner equipment.

DRUGS AND ALCOHOL ARE NOT TOLERATED

BACK-BAY SUMMER CAMP

WHAT IS THE NEWPORT DUNES BACK-BAY SUMMER CAMP

In association with the Newport Dunes Resort and Marina the California Junior Lifeguard Programs operate the Back-Bay Summer Camp. Designed with care to provide our younger participants, ages 6 to 12, with a safe and well supervised introduction to the aquatic environment. With a combination of aquatic and dry land activities, combined with a healthy dose of plain old "FUN" it is designed to help build physical endurance, and coordination as well as improve the participants overall confidence.

THIS IS AN INTRODUCTORY LEVEL CAMP

The Back-Bay Summer Camp has much to offer that sets it apart from other summer camps:

Central location, near Jamboree Road and Pacific Coast Highway in Newport Beach.

Supervision and instruction is provided by trained and certified professional rescue personnel from the California Junior Lifeguard

Programs. This camp will be a good starting point for participants who are not yet ready to venture into the ocean (surf side) environment or have not yet met the age or tryout requirements of other aquatic programs.

A balanced program of physical conditioning and aquatic education in a less stressful environment.

GOALS

It is our goal that every participant leave the camp with:

- 1: An increased level of confidence in their abilities in the ocean environment.
- 2: A basic knowledge of Ocean Safety, Health and Nutrition, and First-Aid.
- 3: Better abilities and skills than when they began the camp.
- 4: A greater respect for their surroundings and environment.
- 5: The desire to continue experiencing all that the ocean has to offer.

LOCATION

Programs run Monday through Friday from 9:00 am to 3:00 pm at the Newport Dunes Resort and Marina, 1131 Back Bay Drive, near the intersection of Jamboree Road and Pacific Coast Highway.