



# City of Pismo Beach 2019 Junior Lifeguard Program

[www.pismo-beach.org/jg](http://www.pismo-beach.org/jg)

## Program Description & Contents

To provide the youth of our community with life skills in fundamental ocean swimming techniques and acquaint them with the hazards of ocean swimming in a courteous, respectful, and positive teaching environment.

Participants will learn the basic components of water safety, lifeguarding, surf rescue, ocean swimming, surfing, care and handling of ocean rescue equipment, CPR, first aid, and marine life studies. Pismo Beach Junior Lifeguards will also have an opportunity to compete in junior lifeguard competitions, ocean kayak, visit other area beaches, and take a day trip to the water slides. Pismo Beach Lifeguards will provide all instruction. For more information please call our information line at 805-773-7069 or email at [cpacheco@pismo-beach.org](mailto:cpacheco@pismo-beach.org). Please check our website at [www.pismo-beach.org/jg](http://www.pismo-beach.org/jg) for additional information.

## Program Schedule & Enrollment

- Dates:** June 24<sup>th</sup> through August 2<sup>nd</sup>, 2019
- Time:** Monday through Friday 8:45am to 12:00 pm.
- Location:** South side of Pismo Beach Pier
- Cost:** \$428 for all participants.

## Requirements

Open to youth ages 9-17. Participants must be of age by July 31<sup>st</sup>, 2019. **All returning and new applicants** must pass a basic swim test of 100 yards in order to participate in the program. Times are as follows:

Group AA	16 through 17 years:	1:30 minutes or less
Group A	14 through 15 years:	1:40 minutes or less
Group B	12 through 13 years:	1:55 minutes or less
Group C	9 through 11 years:	2:10 minutes or less

## Swim Tryouts & Registration Period

Swim tryouts and registration will be at SLO Swim Center (Sinsheimer Pool) 900 Southwood Drive, San Luis Obispo.  
**\*\*If the participant is unable to pass the initial swim test, they will be allowed one additional try on the same day. If the participant is still unable to pass the swim test, they are welcome to try again on any of the remaining dates below.**

<u>Returning Pismo Beach Junior Lifeguards ONLY</u>	-	<b>Saturday, April 27, 2019</b>	<b>5 p.m. - 7 p.m.</b>
<u>All New</u> & Returning Participating Junior Lifeguards	-	<b>Saturday, May 4, 2019</b> <b>Monday, May 6, 2019</b>	<b>5 p.m. - 7 p.m.</b> <b>7 p.m. - 9 p.m.</b>