



## CORONADO JUNIOR LIFEGUARDS AND OCEAN AWARENESS CLASSES-SUMMER 2022

**OCEAN AWARENESS PROGRAM (Ages 7 to 9)** Ocean Awareness is a week-long program designed to provide youth with an introduction to the ocean environment. The class focuses on beach safety and fun ocean activities such as open water swimming, surfing, body boarding, and paddling. Ocean Awareness is a great way to introduce youth to the Junior Lifeguard experience.

**Prerequisite:** Complete a 50-yard freestyle swim in 1 minute and 30 seconds or less.

**JUNIOR LIFEGUARD PROGRAM (Ages 9 to 17)** Junior Lifeguards is a three-week program offering youth an opportunity to learn about the ocean environment from Coronado Beach Lifeguards. Instructors will provide a safe and fun outdoor classroom for youth to learn about the ocean while also developing friendships, confidence, mental and physical fitness. Lessons include: beach safety, lifeguarding skills, open water swimming techniques, surfing, body surfing, body boarding, paddling, stand-up paddling, kayaking, ocean science, basic first aid and CPR skills.

**Prerequisite:** Complete a 100-yard freestyle swim within the time limits listed below.

Group:	"C" Group (Ages 9-11)	"B" Group (Ages 12-13)	"A" Group (Ages 14-17)
Required Time:	2 min. & 15 secs.	2 min. & 00 secs.	1 min. & 45 secs.

**CADET PROGRAM (Ages 14 to 17)** The Cadet Program is a three-week program designed for teenagers who are interested in sharing their ocean knowledge. Cadets will assist instructors with daily operations and instruction of younger Jr. Lifeguards. Cadet training is intended to prepare them for the Lifeguard Assistant position in the future. The tuition cost for Cadets is waived.

**Prerequisites:** Complete an open water swim (approximately 350 yards) in less than seven minutes and thirty seconds (7:30), a one mile run in less than nine minutes (9:00), attend mandatory training, and commit to working an entire three-week session.

**TRYOUTS:** You must sign up for a swim tryout through the City of Coronado's PerfectMind registration system ([cityofcoronado.perfectmind.com](http://cityofcoronado.perfectmind.com)). You may sign up for a tryout time starting the Monday before each tryout. If you successfully pass your group swim test, registration will be available 72 hours after test date. Please contact the Recreation Department with any technical difficulties or assistance in establishing your account (619) 522-7342.

Tryout Dates for Ocean Awareness and Junior Lifeguards (Coronado Municipal Pool, 1845 Strand Way, Coronado, Ca. 92118)

- Saturday, April 23<sup>rd</sup>, 8:00 am to 11:00 am
- Saturday, May 14<sup>th</sup>, 8:00 am to 11:00 am
- Saturday, May 21<sup>st</sup>, 8:00 am to 11:00 am
- Thursday, May 26<sup>th</sup>, 3:00 pm to 5:00 pm
- Saturday, July 9<sup>th</sup>, 8:00 am to 11:00 am (Session 2 only)

Tryout Dates for Cadets (Glorietta Bay Boat House, 1985 Strand Way, Coronado Ca. 92118)

- Wednesday, April 27<sup>th</sup>, 4:30 pm to 5:30 pm
- Wednesday, May 4<sup>th</sup>, 4:30 pm to 5:30 pm
- Wednesday, May 11<sup>th</sup>, 4:30 pm to 5:30 pm

### PROGRAM DATES AND FEES

Program	Dates	Class Hours	Fee (Resident / Nonresident)
Ocean Awareness - Session 1	June 20 <sup>th</sup> to 24 <sup>th</sup>	9:00-12:00	\$200/\$250
Junior Lifeguards - Session 1	June 27 <sup>th</sup> to July 15 <sup>th</sup>	8:30-12:00	\$400/\$450
Cadets - Session 1	June 27 <sup>th</sup> to July 15 <sup>th</sup>	8:00-12:15	Fee Waived
Ocean Awareness - Session 2	July 18 <sup>th</sup> to 22 <sup>nd</sup>	9:00-12:00	\$200/\$250
Junior Lifeguards - Session 2	July 25 <sup>th</sup> to August 12 <sup>th</sup>	8:30-12:00	\$400/\$450
Cadets - Session 2	July 25 <sup>th</sup> to August 12 <sup>th</sup>	8:00-12:15	Fee Waived

If you have additional questions email us at [jrlifeguards@coronado.ca.us](mailto:jrlifeguards@coronado.ca.us). Due to limited staffing please allow two (2) business days for a response.