



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). 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 23rd, 8:00 am to 11:00 am
- Saturday, May 14th, 8:00 am to 11:00 am
- Saturday, May 21st, 8:00 am to 11:00 am
- Thursday, May 26th, 3:00 pm to 5:00 pm
- Saturday, July 9th, 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 27th, 4:30 pm to 5:30 pm
- Wednesday, May 4th, 4:30 pm to 5:30 pm
- Wednesday, May 11th, 4:30 pm to 5:30 pm

PROGRAM DATES AND FEES

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

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