



# California State Parks Department of Parks and Recreation JUNIOR LIFEGUARDS 2009



Join the State Team in 2009!

**MANRESA STATE BEACH**   **SEACLIFF STATE BEACH**   **TWIN LAKES STATE BEACH**

**Session 1**  
June 8 to July 3  
**Session 2**  
July 13 to August 7

**Session 1**  
June 8 to July 3  
**Session 2**  
July 13 to August 7

**Session 1**  
June 15 to July 10  
**Session 2**  
July 20 to August 14

Ages 8-15 for Twin Lakes & Manresa  
Seacliff Program-Only Ages \*6-15

All Programs Monday through  
Friday  
10:00 a.m. to 3:00 p.m

### Program Goals

The State Junior Lifeguard program is a unique and challenging aquatic program for young people. Our Goal is to develop ocean awareness, safety skills, learn about our local environment, and our marine sanctuary. The primary goals of the State Program are water safety, environmental awareness, and most importantly to HAVE FUN! Special guest speakers include; Dermatologist, Pro-Surfer, Coast Guard, and Local Fire Department to name a few!

\* Junior Lifeguard Instructors-Certified AND Experienced Ocean Lifeguards



### Tryouts & Signup(New Applicants )

**THE SIMPKINS FAMILY SWIM CENTER**  
**979 17<sup>TH</sup> AVENUE IN SANTA CRUZ**

Session 1&2	Session 2 only
May 16 <sup>th</sup> , 2009	June 6 <sup>th</sup> , 2009
9:00AM to 3:30PM	9:00 to 1:00PM

### Contact Information

Santa Cruz State Lifeguards  
Junior Lifeguard Program  
665 14<sup>th</sup> Avenue  
Santa Cruz, CA 96062  
(831)476-4992  
bcleland@parks.ca.gov  
www.scscla.org

**Program Fee**  
\$330 per session  
\$305 2<sup>nd</sup> or 3<sup>rd</sup> Child  
\$305 for 2<sup>nd</sup> "session when doing both sessions."



### FIRST TIME APPLICANT SIGN-UP

- All registration for new applicants will occur at the tryouts.
- All first-time applicants must pass tryout process prior to their acceptance into the program.
- 1<sup>st</sup> Session **only** try-outs are **May 16<sup>th</sup>** at the Simpkins Family Swim Center.
- 1<sup>st</sup> & 2<sup>nd</sup> Session try-outs are **June 6<sup>th</sup>** at the Simpkins Family Swim Center. Uniforms and additional uniform (for purchase) will be available at each try- out. It is mandatory for all new and returning JG's to pick-up their uniform on the 1<sup>st</sup> or 2<sup>nd</sup> try out date. Specified shirts, trunks, suits are required to be worn daily at all programs. Tryout #3 July 12<sup>th</sup> 0900-1300
- Payment will be collected at tryouts and must be in the form of a **cashier's check** or **money order, only**. Made payable to the "California State Parks". **Space is limited** (first-come, first served basis). On-line registration may be available at our host website-stay tuned!
- First Time Participants will have to successfully complete the following Physical Test.**
  - Continuous 100 yard swim
  - Treading water 3 minutes
  - 10-yard under water swim.
  - 6-7 year olds required to swim Continuous 50 yards
  - 1 ½ min tread
  - 5 yd under water."

