



Junior Lifeguards

Lake Mission Viejo Style!

The Lake Mission Viejo Junior Lifeguard program is ideal for active children 8 – 16 years of age. In this eight week summer course, kids will learn basic lifeguarding skills, first aid, and beach awareness. The skills taught throughout the summer are essential for developing a strong foundation in water safety. This fun filled and exciting program is a great way to develop life long friendships and build confidence.

Don't miss out! Program runs from June 28 to August 19 2010.

Registration and Swim Tests

will be held at:

**Sierra Recreation Center
26887 Recodo Lane
Mission Viejo, CA 92691**

on

**Sunday, March 14: 9am-1pm
Thursday, March 18: 5pm-8pm
Sunday, March 28: 9am- 1pm**

At registration please bring your

- Medical Insurance information**
- Payment (cash, check, or credit card)**
- Your Junior Guard for uniform fittings**

Registration fee does *not* include the costs for any additional uniform items you may wish to purchase.

Registration fees include

- Junior Lifeguard board shorts**
- T-shirt**
- Backpack**

For the summer of 2010 we will also have optional uniform items that can be purchased separately. This includes any additional shorts or shirts, sweatshirts, visors, and rash guards.

ENROLLMENT IS LIMITED

2010 Dates and Fees

Guests (non-members) will be charged an additional 20%

Elite Group (ages 14-16)

8-week session June 28- August 19

(M-TW-Th-F) 9am-12pm**\$250**

A/B Group (ages 12-16)

8-week session June 28 - August 18

(M-W-F) 9am-12pm.....**\$300**

C Group (ages 8-11)

8- week session June 29 - August 19

(T-Th) 9am-12pm.....**\$250**

Tryouts - New Times

Elite: Ages 14-16

100yd swim within 2:00 minutes

10 minute treading water

Passing the tryout requirements does not guarantee a spot in the JG Elite

Group A/B (Ages 12-16)

100 yard swim within 2:30 minutes

5 minutes treading water

C Group (ages 8-11)

100 yard swim within 3:30 minutes

5 minute treading water

All Junior Guards will be required to complete a swim test regardless of past participation! Start practicing now!

FOR MORE INFORMATION CONTACT (949) 770-1313 x321

juniorguards@lakemissionviejo.org