

Long Beach Fire Department

Junior Lifeguard Program

The Junior Lifeguard Program offers students 9-17 years of age the opportunity to receive instruction in lifeguard rescue techniques, first aid, ocean sports, physical conditioning, and marine ecology, along with CPR certification. This program gives students the experience they need for future careers as lifeguards or in various other types of public service.

Field trips and competitions at other beaches will highlight the six-week course. All aspects of beach activity will be explored from beach running to skin diving. The program is presented in a manner that will enable each student to participate to the best of his or her abilities while learning new skills. The Junior Lifeguard Program ends each summer with the Ironguard competition, which allows students to see the progress they have made throughout the summer while pushing themselves to achieve a difficult goal.

Age Divisions

- C group – 9 to 11 years
- B group – 12-13 years
- A group – 14 to 17 years

Session Times

- Morning – 9:00AM to 12:00PM
- Afternoon – 1:00PM to 4:00PM

Program Fee: \$450

**Tryout Requirement:
100 yards in under 2
minutes**

**Time requirement is 2:13.2 at Silverado Pool due to the fact it is in METERS rather than yards (standard time conversion for yards SC to meters SC)



2016 Program Dates: June 27th - August 5th



**For tryout
dates/locations and more
information, contact us!**

- LBJG@longbeach.gov
- www.longbeach.gov/fire
then click on "Junior Guards"

Scholarships are available
through the City of Long Beach.

