

PRESS RELEASE

Los Angeles County Fire Department

JUNIOR LIFEGUARD PROGRAM

Avalon Beach - Summer 2009

The LA County Lifeguards are holding a swim tryout for any NEW kids who want to be Junior Guards in Avalon this summer. The tryouts will be held on **Sunday, June 28th, at 10am on North Beach**. Returning Avalon Junior Guards who have not yet signed up or need a uniform can register and pick up their uniforms starting at **11:00am**. Additional uniform items will be available for purchase on the tryout day. There will be a brief parent meeting immediately before the test begins, about 9:45 am, and all parents are encouraged to attend. Topics will include the Avalon JG field trip to Cabrillo Beach in San Pedro for the "Cabrillo Challenge" competition.

The five-week program for 2009 will take place from Monday, June 29th to Friday, July 31st from 8-11 am Monday through Friday. Field trips will take place on Fridays; instructors will have further information. Junior Guards are divided into classes based upon their age as of July 1, 2009, and a **photocopy of each child's birth certificate needs to be submitted for registration**. The age groups are:

C's – ages 9 to 11 years: **B's** – ages 12 and 13 years: **A's** – ages 14 to 17 years

The program cost is **\$420.00** and includes a uniform: a shirt and shorts for boys or a shirt and swimsuit for girls. Financial aid is available for this program; applications should be submitted before registration and information and application forms are available at the Avalon lifeguard office or by calling (310) 939-7214.

The Los Angeles County Fire Department Junior Lifeguard Program is designed to instruct boys and girls, aged 9-17, in beach and ocean skills, including water safety, swimming, body surfing, surfing, physical conditioning, competition skills, first aid, lifesaving, rescue techniques, CPR, and the use of professional lifeguard equipment.

For more information or an application, please visit our website at

www.watchthewater.org/jg

Or call the Junior Guard Office at 310-939-7214