

## NECESSITIES

- ✘ Program Uniform
- ✘ Waterproof sunscreen
- ✘ Sack lunch or money for snack bar
- ✘ Beach towel
- ✘ T-shirt or beach cover-up
- ✘ Shoes or sandals
- ✘ Drinking water



## OPTIONAL ITEMS

- ✘ Surfboards
- ✘ Body boards
- ✘ Fins
- ✘ Sunglasses
- ✘ Hats

## REQUIREMENTS

- ⊕ Minimum age is 8 years old
- ⊕ Can complete a 150-yard swim

Children are expected to be competent swimmers.

However, ocean experience is not mandatory.

**A swim test will be held at Hueneme Beach on the first day of program.**

**Swim test is mandatory for Jr. Lifeguards NEW to this program.**

Port Hueneme Jr. Lifeguards  
550 Park Avenue  
Port Hueneme, CA 93041

FOR ADDITIONAL INFORMATION,  
CONTACT:

Recreation Department  
(805) 986-6542

[jjohnson@ci.port-hueneme.ca.us](mailto:jjohnson@ci.port-hueneme.ca.us)



## **2022 JUNIOR LIFEGUARD PROGRAM**

### **Session I**

- ❖ June 20th – July 15th

### **Session II**

- ❖ July 18th– August 12th

**Monday - Friday  
9:30am to 2:00pm**

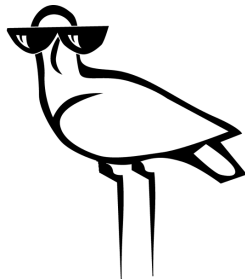
## **A Four-Week Course in Beach Safety**

- ✘ Learn ocean safety
- ✘ Learn rescue techniques
- ✘ Learn ocean ecology
- ✘ Get in great physical shape
- ✘ Learn how to surf
- ✘ Meet new friends

**The City of Port  
Hueneme presents its  
2022 Junior Lifeguard  
Program.**

Ocean rescue, first aid, and surfing are just some of the activities taught in the Junior Lifeguard Program. This four-week session is designed for boys and girls, ages 8 to 16, to become familiar with ocean environments.

Lifesaving skills, physical training and ocean ecology is emphasized.



To ensure affordability for residents with children, the Port Hueneme City Council has established a resident fee discount. The lower fee is for Port Hueneme residents only.

**FEE SCHEDULE**

**Resident: \$250**  
(No additional discount)

**Non-resident: \$350**  
(Additional sibling discount of \$25 for non-residents only)

**Proof of Residency:** In order to receive the lower resident rate, Port Hueneme residents must show proof of residency at time of registration. (Valid DMV ISSUED ID/Driver's License or Utility Bill ONLY)

Space is limited. Participants should pre-register by email [jjohnson@ci.port-hueneme.ca.us](mailto:jjohnson@ci.port-hueneme.ca.us) or in person at the Port Hueneme Community Center, 550 Park Avenue. (REGISTRATION IS COMPLETE UPON RECEIPT OF APPLICATION & PAYMENT. (CREDIT CARD or CHECK/ MONEYORDER ONLY).

**REGISTRATION  
INFORMATION:**

- 5/1/22 Registration for Residents ONLY
  - 5/5/22 Registration for Returning Participants Opens
  - 5/9/2022 Registration for all other participants Opens
- registrations will be accepted on a first-come-first-served basis.**

**UNIFORM REQUIREMENTS**

A solid black bathing suit is required. Board shorts for boys and one-piece suit for girls. Jr. Lifeguard Program T-shirts and sweatshirts will be available for purchase all season at the beach.

**REMINDER TO PARENTS**

The program ends at 2pm. Children must be picked up at that time. Program staff is not available to supervise your children after 2pm. ISLAND TRIP COST IS 45/STUDENT & KAYAK TOUR IS 15.00 (NOT INCLUDED IN REGISTRATION FEES)