

PORT HUENEME JR. LIFEGUARDS

Mission Statement

The prime objective of the Junior Lifeguard Program is to provide quality water safety education. The program introduces young people to safe marine and aquatic recreational opportunities.

The program is designed to improve participants' physical conditioning, their understanding and respect for the environment, and for themselves, their parents and their peers.

The prime objective is accomplished by activities such as instruction and practice in open water swimming, paddle boarding, surfing and self-rescue. **Respect for the environment** is enhanced by daily physical contact with the beach and ocean and through lecture and discussion of pertinent marine aquatic topics. **Respect for themselves** is gained by personal progress and accomplishment. **Respect for others** is increased by constant contact with compassionate instructors and by working with other youths in a team-building environment.

Session 1 June 20 - July 15, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEACH SAFETY / COMPS	20 Opening Day And Swim Test	21 Kayak Fees Due 15.00	22	23 CIBC Kayak All JG's Meet at Hollywood Beach	24
OCEAN ENVIRONMENT & PADDLE BOARDS	27	28	29 Block The Blaze 1pm	30	1
FIRST AID & OCEAN RESCUES	4 NO JG's	5	6	7 Island Trip Scorpions Cove (8:00 Check-In).	8 Carp Comp
LESSON REVIEW & AWARDS	11	12	13	14 END OF SESSION COSTUME PARTY!!	15 JG Comp at East Beach! ALL JG Meet in SB

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Session 2 July 18 - August 12, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEACH SAFETY / COMPS	18 Welcome! Opening Day And Swim Test	19	20 Block the Blaze (10am)	21 ISLAND/KAYAK PAYMENT DUE	22 CSLSA JG Championships (talk to Dave if interested)
OCEAN ENVIRONMENT & PADDLE BOARDS	25	26	27 Hueneme Invitational Competition	28 CIBY Kayak Meet at Hollywood Beach Cost 15.00	29
FIRST AID & OCEAN RESCUES	1	2	3	4	5 Island Trip Scorpions Cove (8:00 Check-In).
LESSON REVIEW & AWARDS	8	9	10	11	12 END OF SESSION COSTUME PARTY!!