



## **JUNIOR LIFEGUARDS 2011**



**General Information:** This is a five-day course, Monday through Friday, 9am to 2 pm instructed by Ocean safety lifeguard professionals. The junior lifeguard program familiarizes teenagers, 13-17 years old, with ocean awareness and safety. It will include beach skills, ocean training, surf rescue techniques, physical conditioning, swimming, CPR, first aid, and other related activities.

### **THIS IS NOT A LEARN HOW TO SWIM PROGRAM**

**Eligibility:** Open to male and female teenagers between ages of 13-17 years old (by June 1, 2011). Applicants must have a strong swimming ability and a desire to learn about Ocean Safety.

**LOCATIONS AND SCHEDULE:** All sessions are taught Monday through Friday from 9 am to 2 pm. The Junior Lifeguard will be held at these locations; Ala Moana Beach Park, Kalama beach Park-Kailua, Ehukai Beach Park, and Makaha Beach.

**Session 1:** June 6-10; **Session 2:** June 13-June 17; **Session 3:** June 20-June 24

**Session 4:** June 27-July 1; **Session 5:** July 5- July 8;

**Session 6:** July 11 -July 15; **Session 7:** July 18- July 22

**Junior Lifeguard State Championship** will be held at Hapuna Beach, Hawaii Island on Saturday July 30, 2011.

**ONLINE WEBSITE REGISTRATION AT:** [www.myjuniorguards.com](http://www.myjuniorguards.com) Available starting on April 9, 2011

### **9am-3pm ON-SITE REGISTRATION DATES AND SIGN-UP LOCATION:**

**Ala Moana** on Saturday, April 23<sup>rd</sup> Ala Moana Beach Park, Ewa End, by the Ocean Safety Training Center

**Kalama Beach Park-Kailua** on Saturday, April 23<sup>rd</sup> at Kalama Beach Park

**Ehukai** on Saturday, April 30 at Pupukea Foodland

**Makaha** on Saturday, April 30 at He`e Nalu Surf Shop, Waianae

**DONATION:** A suggested donation of \$45 dollars with checks payable to the Hawaiian Lifeguard Association. Online payments will be processed through Kama`aina Kids.

**What to bring?** Prepare for all day at the beach including lunch, snacks, towel, water, sunscreen, change into dry warm clothes, and other possible equipment.



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