

## Prerequisites

Participants must be 8 to 12 years of age, demonstrate that they can tread water, and pass a 25-yard swim test on the first day of each session. Parents must be present for this swim test. Pre-testing is available at all facilities that have a Junior Lifeguard program. Instructors will evaluate swimmers based on their swimming competence and confidence.

## Uniform

As part of the registration fee, each participant will be issued a uniform shirt and rashguard. Participants are expected to provide their own trunks. Participants must wear their uniform.

## Certification

Junior Lifeguards may earn an American Red Cross certificate in CPR/AED-Adult or First Aid depending on the session. NOTE: This is optional and there is an additional fee.

## Fees and Financial Assistance

Fees vary for residents of Alameda and Contra Costa counties and for non-residents. Please visit our website to find out more information about our fees and program at: [eblifeguard.org/juniorlifeguards](http://eblifeguard.org/juniorlifeguards)

The Regional Parks Foundation provides financial assistance to families in need. Application or donor information: 1-888-EBPARKS, option 2

## Registration

Registration is required. Session registration closes on the Thursday prior to a session's first day. Must call 1-888-EBPARKS, option 2, or register online at [jg.eblifeguard.org](http://jg.eblifeguard.org).



# East Bay

## Regional Park District

Healthy Parks Healthy People

**East Bay Regional Park District**  
2950 Peralta Oaks Court, Oakland, CA 94605  
1-888-EBPARKS or 1-888-327-2757 (TRS 711)  
[ebparks.org](http://ebparks.org)



# Junior Lifeguard Summer Program

**OPEN WATER**



East Bay   
Regional Park District  
Healthy Parks Healthy People



# Junior Lifeguards Summer Program

## Program Description

This dynamic, inclusive summer program provides participants of all abilities, ages 8 to 12, with an introduction to water safety/rescue, first aid, and CPR in a fun and challenging environment. Each day, participants enjoy a variety of beach and water activities designed to promote fitness, self-esteem, and teamwork. Focus is given to personal safety and skills that will benefit their community. In addition to the extensive Junior Lifeguard core curriculum, each week-long session will emphasize a specific theme (see Session Theme descriptions). Theme-based lessons and activities will be complemented by discussions, skills, games, and physical activities derived from the Junior Lifeguard core curriculum.



Participants will receive a commemorative pin recognizing their accomplishment at the end of each session. Participants are encouraged to bring multiple towels, sunscreen, sun protection, and a set of sweats for cold days. If a registrant requires disabled accommodations, please contact Aaron Roth at (510) 690-6624, or aroth@ebparks.org, about specific accommodations needed.

## Program Schedule

Each session runs for one week, Monday – Friday. Participants can be dropped off between 8:30-9 a.m. and they must be picked up between 4-4:30 p.m. There is one snack break during the morning and afternoon, so please pack a healthy snack and drink. Participants are responsible for providing their own lunch. Lunchtime is monitored by instructors from noon-1pm.



Fitness  
Teamwork  
Leadership

## Junior Lifeguard Aide Program

Aides assist the Junior Lifeguard Instructors during each session. Their responsibilities range from setting-up activities, leading small groups, assisting Junior Lifeguards (JG's) with rescues or skills, and much more. Aides are expected to act as role models for the JG's and follow a Code of Conduct agreement. At the end of each session, Aides will be evaluated by the lead Junior Lifeguard Instructor. You must be 13-15 years old to apply. For more information about this program, registration, and fees, contact Aaron Roth at (510) 690-6624, or aroth@ebparks.org.



## Program Locations

Contra Loma ..... Antioch  
Cull Canyon ..... Castro Valley  
Lake Anza ..... Berkeley  
Crown Beach ..... Alameda

## Session Themes and Pins



**X-Treme Sneak Peak**  
The best of all our sessions thrown into one week!



**Survivor: Junior Lifeguard**  
Learn skills to survive the wild and emergency situations. Can a helicopter recognize your SOS?



**Lifeguard 101**  
The real deal! Learn what we teach our open water lifeguards!



**Island Life!**  
Get a taste of snorkeling, stand up paddle boards, inflatable rafts, and kayaking.



**Shiver Me Timbers!**  
You and your merry band of pirates will make sure that anyone that takes your treasure will face your wrath.



**Guardian of the Waterways!**  
The water you've come to love is under attack! It's up to you to find ways to protect it.