



Become a City of Los Angeles



JUNIOR LIFEGUARD

Through hands-on activities, Junior Lifeguards improve their swimming abilities, practice water safety skills, and learn the basics of hands-only CPR, first aid, and emergency response in aquatic settings. The program emphasizes teamwork, leadership, and personal growth while exposing participants to exciting experiences such as open-water swimming, paddle-boarding, small watercraft, assisting with swim lessons, volunteer opportunities, and an introduction to surfing during a Cabrillo Beach trip.

- **IMPROVE YOUR SWIMMING ABILITIES**
- **LEARN BASIC LIFE-SAVING SKILLS**
- **CONNECT WITH FELLOW JUNIOR LIFEGUARDS**



Scan the QR code or visit recreation.parks.lacity.gov to register.



Registration Open!



CITY OF L.A. JUNIOR LIFEGUARD PROGRAM

- AQUATIC CONDITIONING
- WATER SAFETY TRAINING
- HANDS-ONLY CPR LESSONS
- FIELD TRIPS
- COMPETITIONS
- AND MORE!
- SCAN THE QR CODE CODE TO REGISTER

Open to
youth ages
9-17 years
old

