

# CABRILLO BEACH

## Open Water Junior Lifeguard Program

**June 23rd, 2025 - August 8th, 2025**

**Monday through Friday**

**8:00 AM -12:00 PM**

### Important Dates

June 8th, 10am - Parent meeting

June 23rd - Program starts

July 4th - No program

July 8th - Battle of the Beach

July 16th - Field trip, Long Beach JR Lifeguards

July 18th - Field trip, Hansen Dam Triathlon

July 22nd - Field trip, Dockweiler State Beach

July 25th - JRLG Regionals at Dockweiler

August 1st - Field trip, Catalina

August 8th - Banquet, last day of program



**REGISTER NOW!**





# BECOME A POOL JUNIOR LIFEGUARD

Summer registration opens:

**APRIL 26, 9AM**

Year-Round Pools

**JUNE 8, 9AM**

Seasonal Pools



<https://www.laparks.org/aquatic/jr-lifeguard-training>

City of Los Angeles  
Dept. of Recreation & Parks  
[laparks.org/aquatics](http://laparks.org/aquatics)  
[citywide.aquatics@lacity.org](mailto:citywide.aquatics@lacity.org)  
323-906-7953



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# PROGRAM INFO

## YEAR-ROUND

Days: Monday-Friday June 16th – August 8th

Time: Varies by pool, please call for more info

Fee: \$50

## SEASONAL

Days: Monday-Friday June 16th – August 8th

Time: 3:00 pm – 4:00 pm

Fee: \$50

Sponsorships for the Junior Lifeguard Program are available on a first-come, first-served basis thanks to a joint partnership with Kaiser Permanente.



The Junior Lifeguard Program is offered to participants ages 9 through 17. Junior Lifeguards are introduced to skills which are a basis of Lifeguard Training for the City of Los Angeles. The Training includes Lifeguard Skills, water safety, CPR, First Aid, emergency response, snorkeling, small craft operation, volunteerism, and Swim Lesson assisting.