

SEA GIRT



JUNIOR LIFEGUARDS

The Sea Girt Junior Lifeguards program is gearing up for summer of 2022! & Registration will go live on Monday March 21st! We have some special events, awesome gear, and more planned for you this summer! The program will begin on Monday June 20th and run through July 29th. All Junior Lifeguard Groups (A,B, & C ages 9-15) will meet on Mondays, Tuesdays, and Wednesdays from 8-9:30 am. Mini guards [ages 6-8] will meet from 8:30-9:30 on Fridays [July 8, 15, 22, 29] Each program will meet on Chicago Blvd.

Weekly Themes:

- Week 1 - Sun Protection Week - John Wayne Foundation
- Week 2 - BEAST OF THE BEACH
- Week 3 - Patriotic week
- Week 4 - Superhero Mile
- Week 5- Christmas in July
- Week 6 - RAFT RACE!

Sea Girt Junior Lifeguards are the Lifeguards of the Future. They work tirelessly all summer to learn about the ocean & rip currents, how to use lifeguard equipment, and train to compete against Junior Lifeguards all over Monmouth County, Regionally, and Nationally. We work hard to educate our Junior Lifeguards about drowning prevention, sun protection, and the importance of beach safety. Each year Sea Girt sends a dominant team to the National Lifeguard Championships held the first week of August. This year the competition will be held in LA County on August 10th!

In past National Championships, we have had multiple Junior Guards compete between the C division all the way to the U-19 level. We took home LOTS of medals, but more importantly our Junior Lifeguards had a BLAST!

Registration can be found here <https://seagirtbeachpatrol.org/junior.html>
Here you will also find more information regarding special events, calendar, and tournament dates.

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JUNIOR LIFEGUARD PROGRAM: \$175 BEGINS ON JUNE 20 THROUGH JULY 29. GROUPS WILL MEET MONDAYS, TUESDAYS, AND WEDNESDAYS FROM 8-9:30 AM. THIS PROGRAM IS FOR AGES 9-15 A, B, & C DIVISIONS.

MINI LIFEGUARD PROGRAM: \$80 BEGINS ON JULY 8TH. WILL BE HELD ON THE FOLLOWING FRIDAYS; JULY 8, 15, 22. 29. WE MEET ON CHICAGO BLVD. THIS PROGRAM IS FOR AGES 6-8

IRON GUARD PROGRAM: \$175 BEGINS ON MONDAY JUNE 20. THIS PROGRAM WILL BE HELD FROM 8-10 ON MONDAY, WEDNESDAY, AND FRIDAY. THERE WILL BE A TRY OUT THE FIRST WEEK OF JUNIOR LIFEGUARDS FOR THIS GROUP. REGISTER FOR YOUR AGE GROUP (A, B, OR C) AND IF YOU WISH TO TRY OUT, THIS WILL BE HELD DURING THE FIRST WEEK. WE HAVE 30 SPOTS FOR THIS GROUP.