

SEA GIRT



JUNIOR LIFEGUARDS

The Sea Girt Junior Lifeguards program is gearing up for summer of 2023! & 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 26th and run through August 3rd. 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 7, 14, 21, 28 & our party day August 2] Each program will meet on Chicago Blvd.

Weekly Themes:

1. **Week 1:** Welcome to SGJG!
2. **Week 2:** patriotic week! Red vs white vs blue. Jgs will be divided up into groups for an intersquad competition all week! *- Sgjj patriotic mural - when you are at the beach, find a clam shell and bring it with you to decorate this week for our mural! We are going to spell out "USA" in our Shells!
3. **Week 3:** superhero mile: jgs will march dressed as superheroes down the sea girt boardwalk. Afterwards, they will participate in a run/swim event.
4. **Week 4:** sun protection week: John wayne cancer foundation presentation, on wednesdays, we wear zinc!
5. **Week 5:** christmas in July: surfing santa competitions, santa relays, christmas in july bake off!!!!
6. **Week 6:** raft race & party! Bring your favorite raft to race a course!

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 in Virginia Beach on August 9th.

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 26 THROUGH AUGUST 3RD. 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 7TH. WILL BE HELD ON THE FOLLOWING FRIDAYS; JULY 7, 14, 21, 28. WE MEET ON CHICAGO BLVD. THIS PROGRAM IS FOR AGES 6-8

IRON GUARD PROGRAM: \$175 BEGINS ON MONDAY JUNE 26TH. THIS PROGRAM WILL BE HELD FROM 9:30-11 ON MONDAY & FRIDAY. WEDNESDAYS WE WILL MEET FROM 3-4 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.