



CORONADO JUNIOR LIFEGUARDS 2018

WHO: Boys and Girls - 9 to 17 years old

WHERE: Coronado Beach @ Ocean Blvd. and Isabella Ave.

WHAT: A great way for young people to spend the summer. Classes are designed to teach environmental awareness, water safety, CPR and first aid in an exciting and interesting environment. Students will enjoy games, competition, field trips, and various water activities such as swimming, paddle boarding, snorkeling and kayaking. Instructors are experienced beach lifeguards with a background in teaching and coaching. This program is very physically challenging, mentally stimulating and it gives participants an idea of what it is like to be a lifeguard.

SWIM TEST-100 yard swim

Intro to Jr. Lifeguards	9-11 yr. olds "C" Group	12-14 yr. olds "B" Group	15-17 yr. olds "A" Group
2 min. 30 sec.	2 min. 15 sec.	2 min. 00 sec.	1 min. 45sec.

TEST DATES-April 7*, 14*, 21, 28; May 12, 26; June 9. All tests held from 9am to 11am ONLY at the Coronado Municipal Pool located at 1845 Strand Way Coronado. *April 7 & 14 dates will be in the afternoon from 3pm-4:30pm. Registration is through the Coronado Recreation Department (619) 522-7342. Please take a swim test even if you are on the waiting list, you must successfully complete a swim test to participate in the program!

PROGRAM DATES/FEES-Online registration at www.coronado.ca.us Residents-5/2, Non-residents 5/16

Introduction to Jr. Lifeguards-	June 18-June 22 (9am-12pm)	\$175 Resident/ \$200 Non -resident
Jr. Lifeguards Session 1-	June 25-July 13* (9am-2pm)	\$325 Resident/ \$350 Non-resident
Jr. Lifeguards Session 2-	July 16- August 3 (9am-2pm)	\$350 Resident/ \$375 Non-resident

*The Jr. Lifeguard Program does not meet on July 4th and the class fees are prorated accordingly

CORONADO SURF AWARENESS 2018

WHO: Boys and Girls- 6 to 8 years old

WHERE: Coronado Beach @ Ocean Blvd. and Isabella Ave.

WHAT: A great way for young people to spend the summer. Classes are designed to teach environmental awareness, water safety, and an introduction to lifeguarding skills in an exciting and interesting environment. Students will enjoy games and various water activities such as swimming, body boarding, body surfing, and board surfing. Instructors are experienced beach lifeguards with a background in teaching and coaching.

SWIM TEST- Students must be able to swim 25 yards non-stop and tread water for one minute.

TEST DATES-April 7*, 14*, 21, 28; May 12, 26; June 9. All tests held from 9am to 11am ONLY at the Coronado Municipal Pool located at 1845 Strand Way Coronado. *April 7 & 14 dates will be in the afternoon from 3pm-4:30pm. Registration is through the Coronado Recreation Department (619) 522-7342. Please take a swim test even if you are on the waiting list, you must successfully complete a swim test to participate in the program!

PROGRAM DATES/FEES-Online registration at www.coronado.ca.us Residents-5/2, Non-residents 5/16

Surf Awareness Session 1-	June 25-July 6* (9:30am-1:30pm)	\$175 resident/ \$225 Non-resident
Surf Awareness Session 2-	July 9-July 20 (9:30am-1:30pm)	\$200 resident/ \$250 Non-resident
Surf Awareness Session 3-	July 23-Aug 3 (9:30am-1:30pm)	\$200 resident/ \$250 Non-resident

* The Surf Awareness Program does not meet on July 4th or July 13th and the class fees are prorated accordingly.

For more information call: (619) 522-2629