



CORONADO JUNIOR LIFEGUARDS 2021

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! This course is designed to teach environmental awareness, ocean safety, CPR and first aid in an exciting and interesting environment. Students will enjoy games, competition, 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

A swim test is required prior to registering for Junior Lifeguards and *must* be taken at the Coronado Municipal Pool. Required swim time metrics are listed below:

Age Group/	Intro to Jr. Lifeguards	9-11 years "C" Group	12-14 years "B" Group	15-17 years "A" Group
Required Time	2 min. 30 sec.	2 min. 15 sec.	2 min. 00 sec.	1 min. 45sec.

TEST DATES

You must sign up *one* test time/date via PerfectMind (www.cityofcoronado.perfectmind.com). Please contact the Recreation Department with any technical difficulties or assistance in establishing your account (619) 522-7342. Tests will be administered from 3 – 5 p.m.

April 10, 17, 24	May 1,8,15	June 26
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PROGRAM DATES/FEEES

Online registration at www.cityofcoronado.perfectmind.com

Registration begins at 8 a.m. for Residents: March 5; Nonresidents March 19.

Class	Dates	Times	Fee (Resident/Nonresident)
Intro to Jr. Lifeguards	June 21 – June 25	9 a.m. – 12 p.m.	\$200 R/\$225 NR
Lifeguards Session 1	June 28 – July 19	8:30 a.m. – 12 p.m.	\$375 R/\$400 NR
Lifeguards Session 2	July 26 – August 13	8:30 a.m. – 12 p.m.	\$375 R/\$400 NR

JUNIOR LIFEGUARD CADET PROGRAM

For boys and girls ages 14 to 17 who are interested in working as lifeguards in the future. We are looking for several young people that have a high level of responsibility and motivation. Cadets should have past junior lifeguard experience and excellent swimming skills. Cadets will assist instructors with daily activities and serve as extra supervision when needed. In exchange, cadets will receive free tuition and training. All Cadets must successfully complete the Cadet training during Intro Jr. Lifeguard week to be eligible. Email: jlifeguards@coronado.ca.us for info. Prerequisites: 500 yard swim in 10 minutes or less, complete cadet application, attend oral interview and training.

For more information about the Junior Lifeguard Program call: (619) 522-2629