



# The Ocean Club

## Junior Lifeguard Program

for Boys and Girls Ages 9-17

Starts: Saturday, June 24th, 10:30am to 12:00pm  
(regular practice every Saturday and Sunday 10:30am – 12:00pm)

### Registration Fee:

\$75.00 payable by check at time of registration. Checks should be payable to the Ocean Club and JL Program should be noted in the memo section of the check. This fee includes registration in USLA shorts, shirt, magazine (quarterly) and patch. All competitors at Regionals and Nationals must be properly attired in Team shorts and shirts.

Participants will be grouped by Age in the following manner: 9 to 11, 12 & 13, 14 & 15, 16 & 17.

### Purpose of the Junior Lifeguard Program:

To demonstrate and teach water safety while enjoying the beach and ocean.

To promote and develop future lifeguards.

To meet other youngsters with similar interests and make new friends.

### History of the Junior Lifeguard Program:

The Junior Lifeguard program is sponsored by the United States Lifesaving Association and first began in California. It was brought to the East Coast by Tom and Rosemary Daly who started it in Long Beach in 1990. They first expanded the program to the Atlantic Beach Club and thereafter helped us to start our JL Program at the Ocean Club. The program is offered at the Ocean Club under the direction of **Noreen Costello & Jim O'Hara**. The Ocean Club JL Program has successfully trained several National Champions and was the proud recipient of a wonderful grant from the Women's Sports Foundation to train female lifeguards.

### Activities Planned:

Basic lifesaving techniques, basic surf instruction, ocean kayak instruction, body boarding understanding the ocean and its currents, surfing on Rescue Paddle Boards, relay race games, conditioning activities in the ocean, swimming, water polo, beach volleyball, and much more.

Please return this form and fee to the Front Desk.

### 2023 Junior Lifeguard Registration Form

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Cabin/Cabana # \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Telephone # \_\_\_\_\_ Family Physician's Name \_\_\_\_\_ Phone \_\_\_\_\_

Any health or behavioral issues of which the instructors should be aware? \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Shirt Size (Adult S, M, L) \_\_\_\_\_ Short Size (Adult S, M, L) \_\_\_\_\_ Suit Size (Numerical) \_\_\_\_\_ (Additional cost)

I hereby give my son/daughter permission to participate in the Ocean Club Junior Lifeguard Program for the 2023 Season.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

For Info Only—I am interested in participating in Surf Camp. Yes \_\_\_\_\_ No \_\_\_\_\_