

The Village of Atlantic Beach, in conjunction with the Ocean Club announces the 2025 season of Junior Lifeguards for A. B Residents

Children Ages 9-17

Starts: Saturday, June 28TH, 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 & 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 Ocean Club to start a JL Program. In the 2025 season the program is offered at the Ocean Club for all **Atlantic Beach Residents**. The program is under the direction of Noreen Costello. 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.

Atlantic Beach Jr. Lifeguards

2025 Junior Lifeguard Registration Form

Please return this form and fee to the
Front Desk at the Ocean Club.

Child's Name _____ Date of Birth _____

Address _____

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 2025 Season.

_____ Date _____

Signature of Parent or Guardian

For Info Only - I am interested in participating in Surf Camp. YES _____ NO _____