

SPRING LAKE OCEAN RESCUE JUNIOR LIFEGUARD PROGRAM 2018

Spring Lake Ocean Rescue Junior Lifeguards is offering students an opportunity to join a regionally renowned program of disciplined aquatic safety training and education. Our mission is to provide participants with the skills and knowledge to enjoy the beach safely, be physically fit and eventually become one of the elite members of the Spring Lake Ocean Rescue.

Our very popular program is not for the faint-of-heart as we challenge our students to go well beyond their current level of physical capabilities.

The Junior Guards complete strenuous daily workouts on the beach and in the ocean, that in combination with skills development and lifesaving techniques education, result in a competent and confident Junior Lifeguard.

The physical aspects of the program are balanced with camaraderie and fun.

We are privileged to have experienced, dedicated, and highly qualified instructors.

All are United States Lifesaving Association certified lifeguards.

Junior Lifeguards are divided into four age groupings.

- AA: 16-17
- A: 14-15
- B: 12-13
- C: 9-11

Mini Guards ages 6-8

We are planning an extraordinary summer. Junior Guards will commence at 7:45-8:45 for all "C" Jr Guards, and 7:45-9:00 for all "A and B" Jr Guards.

Monday, June 25, 2018. We will meet every Monday, Wednesday, and Friday, and continue through Friday, July 27. Junior Lifeguards also have an opportunity to test their skills and abilities in competitions against Junior Guards from other area beaches in tournaments, usually on Thursdays, during the month of July. Additional competition opportunities exist at the regional and national levels.

Spring Lake Ocean Rescue Junior Lifeguards is also offering a program for 6, 7 and 8 year olds, "Mini Guards" meet on Tuesdays from 7:30 to 8:30 July 3, 10, 17, 24.

Fees for the program:

For the Junior Guards, \$130.00 for the program. and if you want to go to any tournaments you will register yourself for them, they generally cost \$20. If you participate in Mid-Atlantic Regional's you will also need to register for USLA in addition to that tournament, information will be with your Junior Guard Director.

Mini Guard program registration will be \$60.

You will need to go to www.springlakeboro.org to register on line. Click on Beaches and Pools, and then follow the steps for the registration. You can also call 732 449-0800 ext 617 if you have a problem

For any questions feel free to contact Tom Bateman trbate@verizon.net, or Kevin Lenk at kevonnj@gmail.com.