

## Spring Lake Junior and Mini Lifeguard Programs

Spring Lake Beach Patrol is offering participants an opportunity to join a regionally distinguished program of education, discipline, and aquatic safety training. Our mission is to provide participants with the skills and knowledge needed to enjoy beach safety plus increase personal ocean fitness ability.

The Spring Lake program is not for the faint-of-heart. We challenge our participants to go beyond their current level of physical capabilities. The Junior Guards participants complete vigorous daily workouts on the beach and in the ocean. In addition, the participants will be instructed in present-day lifesaving techniques as well as ocean/surf education.

The physical aspects of the program are balanced with excitement and camaraderie. We are privileged to have experienced, dedicated, and highly qualified instructors. Many of our instructors are teachers or are attending University and majoring in education. All instructors are United States Lifesaving Association certified lifeguards.

Junior Lifeguards also have an opportunity to test their skills and abilities in ocean competitions against Junior Guards from other area beaches. These events usually are held on Tuesdays and Thursdays during the month of July. Additional, competition opportunities exist at the regional and national levels.

### Junior Lifeguards are divided into five age groupings:

- AA: 16-17
- A: 14-15
- B: 12-13
- C: 9- 11
- Mini Guards: 6-8

**Junior Guards** – Program begins Monday, June 25 and lasts until Friday, July 27. Participants meet every Monday, Wednesday, and Friday. The “A” and “B” Group will meet from 7:45am – 9:00am. The “C” Group will meet from 7:45am-8:45am. Program registration cost is \$130.00. Local tournament competition costs are an additional fee for each competition entered (average \$20.00 each). If you choose to participate in the Mid-Atlantic Regional tournament; you will also need to register for a USLA membership (additional registration payments required).

**Mini Guards** – Program meeting dates are: July 3, 10, 17, and 24. Morning practice time is 7:30am - 8:30am.

**Registration** - Please visit <https://register.communitypass.net/reg/index.cfm#modal> ; enter **Spring Lake Borough, NJ** then click **Continue**; complete the Community Pass information. You can contact the

borough at 732 449-0800 ext 617 if needed for additional instruction. Further inquiries - feel free to contact Tom Bateman ([trbate@verizon.net](mailto:trbate@verizon.net), 732-207-5009) or Kevin Lenk ([kevonnj@gmail.com](mailto:kevonnj@gmail.com)).