

Spring Lake Junior and Mini Lifeguard Program

REGISTRATION FOR ALL PROGRAMS ENDS ON JUNE 19, 2019

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 the beach safely 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

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PROGRAM DATES – June 28-July 31

Program days and times – Monday, Wednesday, Friday 7:30-8:45

Cost \$230 – includes Spring Lake practice days, cost for registration to local tournaments (Spring Lake, Belmar, Long Branch, Manasquan, Ocean Grove, and the cost for membership to the USLA for Junior Guards). This is non-refundable if you do not attend, however you will still receive the t-shirt that that beach gives out for registration.

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PROGRAM DATES - June 28-July 31

Program days and times – Monday, Wednesday, Friday 7:30-8:45

Cost \$130 – includes Spring Lake practice days. Registration to any tournaments will be the responsibility of the parent or guardian.

Mini Guards

Program meeting dates are: July 2, 9, 12 (Friday), 16, 23, and 30. Morning practice time is 7:30am - 8:30am. All dates are Tuesday except for July 12 which is Friday.

COST \$65- includes Spring Lake practice days

This is a introductory program for children between the ages of 6-8, to give them a basic knowledge of the ocean and the Junior Guard program when they get older.

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, 732-207-5009) or Kevin Lenk (kevonnj@gmail.com)