

2021 MORRO BAY JUNIOR LIFEGUARDS PROGRAMS



JUNIOR GUARD PRE-SEASON POOL PROGRAM

This program is designed to help prepare participants for the Morro Bay junior lifeguard beach program.

Emphasizing endurance and safety while having fun and building confidence.

Prerequisites:

- Age 9 years and older
- 25 yards swim
- Ability to tread water
- Comfortable in deep water

Session 1: April 18, April 25, May 2, May 9

Session 2: May 23, June 30, June 6, June 13

Days: Sundays

Times: 2:30 to 3:30 pm

Cost: \$60

Where: MBHS Aquatic Center



JUNIOR GUARD BOOT CAMP

Fast paced program for participants with previous Junior Guard experience who have been selected to volunteer. Applications available on the city website.

Prerequisites:

- Dolphin or Orca in 2020
- 14 years and older
- 100 yards under 2 minutes or coordinator approval

When: June 14 - 18, *Must meet prerequisites*

Days: Monday - Friday

Times: 8:30am to 12:30pm

Cost: \$150

Where: Morro Rock, First Lifeguard Tower

MORRO BAY JUNIOR LIFEGUARD PROGRAM

The Morro Bay Junior Lifeguard Program is designed to increase the participant's appreciation and understanding of the recreational opportunities and hazards associated with the ocean environment. Participants will receive education and hands-on experience in ocean safety, environmental awareness, first-aid, rescue techniques, surfing and paddle boarding, beach activities, physical fitness and marine safety operations.

Prerequisites:

- Age 9 years and older
- 100 yards under 3 minutes
- 5 min. tread water
- 15 feet underwater swim

Session A: June 21 - July 2

Session B: July 5 - July 16

Session C: July 19 - July 30

Session D: Aug 2 - Aug 13

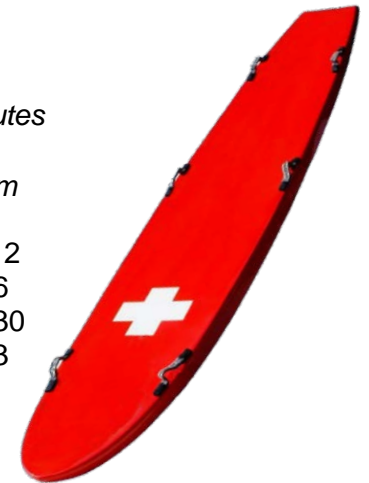
Days: Monday - Friday

Times: 8:30am to 12:30pm

Cost: \$375 (includes t-shirt and group photo)

Where: Morro Rock, First Lifeguard Tower

Note: Sweatshirts are available for purchase at time of registration for \$25.



REGISTRATION

Session A registration - Mon. March 29th @ 9am

Session B registration - Tues. March 30th @ 9am

Session C registration - Wednesday March 31st @ 9am

Session D registration - Thursday April 1st @ 9am

REFUND AND TRANSFER FEE \$100

*From time of Registration



MORRO BAY RECREATION SERVICES

1001 Kennedy Way, Morro Bay, CA 93442 ~ (805)772-6278

City website: www.morrobayca.gov • Sports website: www.leaguelineup.com/mbsports