



CITY OF LOS ANGELES

Mayor

Hon. Antonio R. Villaraigosa

Council Member, 15th District

Hon. Joe Buscaino

DEPARTMENT OF RECREATION AND PARKS

Board of Commissioners

President

Barry A. Sanders

Vice President

Luis A. Sanchez

Members

Johnathan Williams

W. Jerome Stanley

Administration

General Manager

Jon Kirk Mukri

Executive Officer

Regina Adams

Assistant General Manager

Kevin W. Regan

Citywide Aquatics Division

Acting Principal Rec. Supervisor I

Patricia Delgado

Aquatic Directors

Jon Kopitzke

Andre Brent

Cabrillo Beach

Aquatic Facility Manager II

Rogelio Fernandez

Aquatic Facility Manager I

Zachary Millett

Lead Instructor

Kevin Pesic



CITY OF LOS ANGELES

DEPARTMENT OF RECREATION AND PARKS

CABRILLO BEACH LIFEGUARD HEADQUARTERS

3720 Stephen M. White Drive

San Pedro, CA 90731

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
CITYWIDE AQUATICS DIVISION

CABRILLO BEACH

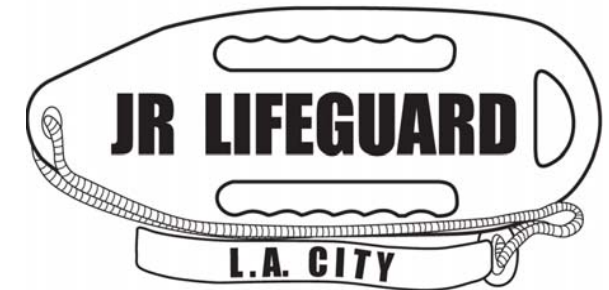
3720 Stephen M. White Drive

San Pedro, CA 90731

(310)548-2909

Visit: www.LAPARKS.ORG

Email: citywide.aquatics@lacity.org



SUMMER 2012
PROGRAM INFORMATION

Persons with disabilities are encouraged to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements.

“Achieving Gender Equity Through a Continuous Commitment to Women and Girls in Sports.”

“Sportsmanship is Everyone’s Responsibility.”

The Department of Recreation and Parks is proud to be part of the Mayor’s Million Tree Initiative.

About the Program

The City of Los Angeles Open Water Junior Lifeguard Program is a six week program designed to provide children ages 9-17 with knowledge and respect for the open water environment at the beach. It is also a program that introduces them to a possible career choice in public safety.

The Program Content

- Instruction in aquatic skills, such as swimming, running and paddling, with the intent of instilling participants with confidence in their abilities in the ocean and designed to promote physical development and water safety.
- Instruction in lifeguarding skills such as effecting swim rescues, Community CPR and First Aid.
- Practice in competitive activities, such as rescue board relays, run-swim-runs, buoy swims, rescue can relays, run relays, and beach flags, with the intent of promoting teamwork and participating in local, regional and national Junior Lifeguard competitions against other agencies.
- Development in Snorkeling, Kayaking and Surfing.
- Excursions to local marine mammal care facilities.
- Guest lecturers from local organizations.

Age Divisions (all coed):

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

Registration Information

All applicants must pass a required swim test to participate in the program. The test consists of a 100-yard timed swim, which must be completed in 1:59 minutes or less. Upon successful completion of the swim test, the candidate is required to fill out the registration packet. Program fees must accompany the application. Once the registration packet and payment have been received, the candidate will receive his/her uniform and a program information packet.

Program Cost

The six week program will cost \$345.00 per child, \$325.00 for each additional child in the immediate household. The cost of the program will cover a uniform, membership in USLA and the annual Catalina field trip. Sorry, but there are no scholarships available this year.

Items needed for payment:

- Completed application packet.
- Check made payable to:
L.A. City Department of Recreation and Parks
- Driver's license numbers for all checks.
- **No refunds unless the program is cancelled!**

Uniform Packet

- Female participants will receive 1 t-shirt, 1 swim suit and 1 pair of volley shorts.
- Male participants will receive 1 t-shirt and 1 volley shorts or board short.
- Additional uniforms and accessories will be available for purchase during the term of the program (see price list).

Summer Schedule

Six Week Program: June 25th thru August 3rd, 2012. Monday thru Friday, 8am-12pm.

The classes and programs in this brochure may be subject to cancellation!

Swim Test/Registration Dates

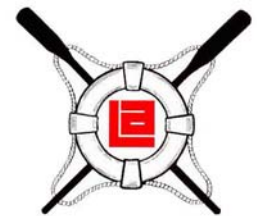
Peck Park Pool
560 N. Western Ave.
San Pedro, CA 90732
(310)548-2434

Saturday, June 2nd (10am-12pm)

Please don't forget your swim suit, goggles and a towel! Returning Junior Lifeguards may register at the above test date or at Cabrillo Beach during normal operating hours.

Mandatory Parent/Guardian Meeting

Saturday, June 23rd at 1pm at the Cabrillo Marine Aquarium's John M. Olguin Auditorium.



The Los Angeles City Lifeguard Association, also known as "LACLA", is a member of the United States Lifeguard Association and the California Surf Life Saving Association.

Competition/Events

There will be local competitions that will be held on scheduled program days. These competitions will be open to all JGs who are selected to represent our agency at the Regional and National level. Please see the calendar for dates and times of all events.

Transportation

Parents must provide transportation to all JG activities and events.