



# **CASTAIC Lake** **JUNIOR LIFEGUARDS** *Los Angeles County Parks and Recreation*



**Ages: 9 to 17 years old**

## **SESSION 1**

**June 14 to July 8**

**8AM to 1PM**



## **SESSION 2**

**July 12 to Aug 5**

**9AM to 2PM**



**Pre Registration for returning Junior Guards  
Begins: March 15, 2010  
(Main Office- 661-257-4050)**

### **TRYOUTS**

- Saturday, April 3 & May 15
- Noon to 4 PM
- Santa Clarita Aquatic Center  
20850 Center Point Parkway, Santa Clarita, CA 91350

100 yard Swim with a time of 2:30 or faster, Tread Water for 3 Minutes, 10 yard underwater swim

### **SATURDAY, JUNE 12**

Castaic Lake  
BISC / Paradise Cove

#### **UNIFORM HANDOUTS**

(Shirt, Board Shorts (Swim Suit -Girls))

- Noon to 4 PM

#### **PARENT ORIENTATION**

- 4:30 PM to 5:30 PM

The Castaic Lake Junior Lifeguard Program is a wonderful summer camp for active young people ages 9 to 17. Activities include swimming, running, kayaking, paddle boards in a clean, open water environment at Castaic Lake. There are a number of fieldtrips such as, Beach day and Hurricane Harbor. Participants learn lifesaving, CPR and first aid. They become very comfortable in open water and older kids can earn a lifeguard certification that may result in future employment as a lifeguard.

Visit our website for updates. [www.castaicjgs.com](http://www.castaicjgs.com)  
(661) 257-4050