

NECESSITIES

- ✘ Program Uniform
- ✘ Waterproof sunscreen
- ✘ Sack lunch or money for snack bar
- ✘ Beach towel
- ✘ T-shirt or beach cover-up
- ✘ Shoes or sandals
- ✘ Drinking water



OPTIONAL ITEMS

- ✘ Surfboards
- ✘ Body boards
- ✘ Fins
- ✘ Sunglasses
- ✘ Hats

REQUIREMENTS

- ⊕ Minimum age is 8 years old
- ⊕ Can complete a 150-yard swim

Children are expected to be competent swimmers. However, ocean experience is not mandatory.

Registration will be initially restricted to returning participants.

To register & create an account: [Civic-Rec-\(CLICK HERE\)](#): fill out the online application/ waiver & **pay online.**

Payment must be received to complete registration:

ADDITIONAL INFORMATION/ CONTACT INFO:

City of Port Hueneme
550 Park Avenue
Port Hueneme, CA 93041
Recreation Department
(805) 986-6542

jjohnson@ci.port-hueneme.ca.us

2023 JUNIOR LIFEGUARD PROGRAM

Session I

❖ June 20 – July 14

Session II

❖ July 17 – Aug 11

**Monday - Friday
9:30am to 2:00pm**

A Two-Week Course in Beach Safety

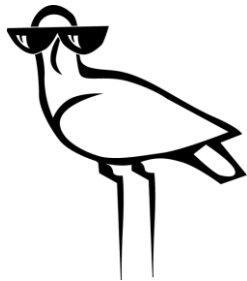
- ✘ Learn ocean safety
- ✘ Learn rescue techniques
- ✘ Get in great physical shape
- ✘ Learn how to surf



**The City of Port
Hueneme presents its
2022 Junior Lifeguard
Program.**

Ocean rescue, first aid, and surfing are just some of the activities taught in the Junior Lifeguard Program. This four-week session is designed for boys and girls, ages 8 to 16, to become familiar with ocean environments.

Lifesaving skills, physical training and ocean ecology is emphasized.



To ensure affordability for residents with children, the Port Hueneme City Council has established a resident fee discount. The lower fee is for Port Hueneme residents only.

FEE SCHEDULE

Resident:	\$250.00
	(No additional discount)
Non-resident:	350.00
	(Additional sibling discount of \$25 for non-residents only)

Proof of Residency: In order to receive the lower resident rate, Port Hueneme residents must show proof of residency at time of registration.

Scholarships may be available through the Hueneme Ocean Lifeguard Association (HOLA). Criteria for scholarships is determined by the HOLA board. Email mail@huenemelifeguards.org

Space is limited. New participants should pre-register prior to swim test. Full refunds will be given to those who don't pass the test.

**Registration Information:
To Register: -[\(CLICK HERE\)](#):**

ALL REGISTRATION IS FIRST COME FIRST SERVE (COMPLETE APPLICATION, PAYMENT & WAIVER REQUIRED).

UNIFORM REQUIREMENTS

A solid black bathing suit is required. Board shorts for boys and one-piece suit for girls. Items available for purchase on first day.

REMINDER TO PARENTS

The program ends at 2pm. Children must be picked up at that time. Program staff is not available to supervise your children after 2pm.