



2020 Junior Lifeguard Conditioning Program

JG Conditioning Program provides training for...
2020 L.A. County JG Swim Test and
Conditioning Workout for Returning JGs

3 Sessions at Mira Costa High School Pool

Sign-Ups Start January 7, 2020

Session 1 sign up closes 2/22/20

Session 2 sign up closes 3/14/20

Session 3 sign up closes 4/18/20

SPACE IS LIMITED - first come, first serve!

Session	Date	Duration	Days	Time	Cost
#1	02/24/20 - 03/12/20	3 wks/ 9 classes	Mon./Wed./Thurs.	5:00-6:00 pm	\$180
#2	03/16/20 - 04/03/20	3 wks/8 classes	Mon./Wed./Thurs. (no class 3/18)	5:00-6:00 pm	\$160
#3	04/20/20 – 04/29/20	2 wks/5 classes	Mon./Wed./Thurs. (no class 4/30)	5:00-6:00 pm	\$100

L.A. Co. Fire Dept. JG Swim Test Dates - Tentative dates are Sat 4/4 – Sat 4/18 – Sun 5/3

www.fire.lacounty.gov/lifeguard/lifeguard-youth-programs/

All participants must be at least 9 years old by July 1, 2020, and are expected to have mastered basic swimming skills. The program is designed to refine basic skills, condition, and improve swimming times. All classes are taught by Mira Costa High School Aquatics Athletes under the supervision of Coach Jon Reichardt. Swim sessions will take place rain or shine, however, the pool will shut down for lightning. No refunds given after the first week. **All proceeds benefit the Mira Costa High School Aquatics Programs.** For more information, contact Patti Terry at costagirlswp@gmail.com.

SIGN-UP

Visit <https://www.mbxfoundation.org/tag/booster-club-fundraisers/> and fill out the online form and submit payment (credit card or PayPal). You can sign up for more than one session listed on the fundraising page. Sign up today as space is limited to **70** students per session!