



Junior Lifeguard Newsletter

Session 1 - Week 1, 2025

Summer 2025 Junior Guard's is off to a great start! We're so happy to see everyone back at the beach and we look forward to all the fun activities planned ahead!

Our new JG Coordinator, Jesse Augenstein, and team of JG instructors kicked off the week with an enthusiastic welcome. Next, we held tryouts for the Lieutenant, Captain, and Cadet Program. Congratulations to the 32 JG's who completed the 800 yard swim, mile run, and pier jump to join the program!



The JG's spent the week swimming, riding waves, playing kickball and beach volleyball, building sand castles, and of course, getting plenty of exercise!



The JG's learned about the following beach and ocean safety topics this week:

- Junior Lifeguard Code of Conduct
- Lifeguard operations
- Rip currents
- Surfing and bodyboarding etiquette
- Safe water entry
- Basic First Aid
- Preventing spinal cord injuries
- Lifeguard rescues and pier rescues
- E-bike safety

On Thursday, The John Wayne Cancer Foundation delivered their "Block the Blaze" presentation to each class and taught the kids how to protect their skin from the sun. Each JG received a cool hat and sunscreen.



Our first pier jumps of the summer for JG I classes and above will be on Friday, 6/20!

- AM: JG I's @ 9:30am
JG II/III's @ 10:30am
- PM: All JG I's and JG II/III's @ 2:00pm

Up Next Week

- CSULB's Shark Lab on Friday 6/27
- Pier jump times will be posted on our web site, www.San-Clemente.org/JG