



# Junior Lifeguard Newsletter

Session 1 - Week 2, 2025

Our second week of Junior Guards has been a blast! The JG's spent lots of time touring the towers, playing sharks and minnows, surfing, completing a long-distance ocean swim, and challenging each other in games of jail break and volleyball.



Pier jumps were a big hit on Tuesday, as well as the rescue exercises with the LCC's on Thursday.



JG instructors covered many important topics with their classes this week:

- First Aid: lacerations and bleeding
- How to treat a C-Spine injury
- Oceanography: tides and marine life
- CPR
- Responding from the tower to prevents, rescues, and ordinances
- Tower 0 operations

On Friday, the always popular Cal State Long Beach Shark Lab will visit our JG's and discuss shark behavior and marine conservation.



Next week is the final week of Session 1! On Friday, the JG's will receive their photos and enjoy a fun potluck. Feel free to send a snack with your JG to share with others. Awards will be handed out in front of Marine Safety Headquarters. Parents are invited to attend the awards ceremony: 11:15am for AM Session or 3:15pm for PM Session.

**Next week's pier jumps will take place on Monday, 6/30!**

AM Session: 9:30am for All JG I Classes  
10:30am for JG II/III Class

PM Session: 2:00pm for All JG I/II/III Class