



Junior Lifeguard Newsletter

Session 2 - 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 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 45 JG's who completed the 800 yard swim, mile run, and pier jump to join the program!



The JG's spent the week swimming, surfing, bodyboarding, and competing in beach flags and jail break. They learned about the following topics in class:

- 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

Be sure to sign up for the Junior Lifeguard Competitions taking place at Ocean Festival on July 19th and 20th! Register at www.oceanfestival.org. Join us at the annual Lifeguard Pancake Breakfast each morning!

On Thursday, The John Wayne Cancer Foundation delivered their "Block the Blaze" presentation to each class. Each JG received a cool hat and sunscreen.



Our first pier jump of Session 2 is on Friday, July 11th! Here's the schedule:

AM Session:

9:20am	Instructor Stacy's JG I Class
	Instructor Bacon's JG II Class
10:00am	Instructor Coppola's JG I Class
	Instructor Desrosiers' JG I Class
11:00am	Instructor Noyes' JG II Class
	Instructor Hathaway's JG III Class

PM Session:

1:20pm	Instructor Stacy's JG I Class
	Instructor Coppola's JG I Class
2:15pm	Instructor Desrosiers' JG II Class
	Instructor Finnerty's JG II/III Class

Up Next Week

- Next week's pier jumps will most likely be Monday or Tuesday, pending surf conditions. Please check our web site, www.San-Clemente.org/JG, Monday morning for more details.
- CSULB's Shark Lab on Friday 7/18