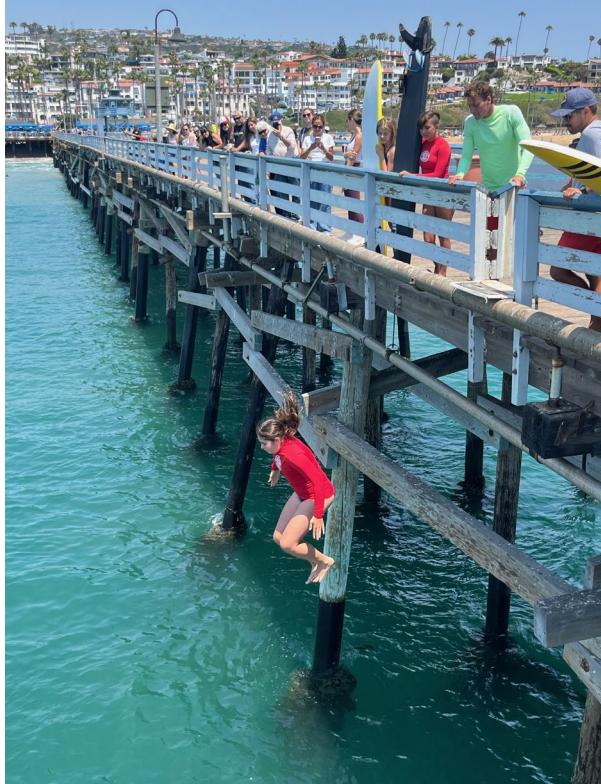




# Junior Lifeguard Newsletter

Session 2 - Week 2, 2025

Our second week of Junior Guards has been a blast! When the JG's weren't catching waves on their bodyboards or the 8-person Raptor Board, they played lots of games of Beach Flags, Volleyball, and Jail Break. Pier jumps were especially a big hit on Tuesday!



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 Cal State Long Beach Shark Lab will visit our JG's and discuss shark behavior and marine conservation. This presentation is always a favorite among our JG's!



## UP NEXT WEEK!

- **7/19-7/20** We invite all of our JG Families to attend the 47<sup>th</sup> Annual San Clemente Ocean Festival! Please join us for a hearty Lifeguard Pancake Breakfast (both days) and sign up for one of the Junior Lifeguard competitions, including Beach Flags, Run-Swim-Run, Paddleboard Sprint, and Surf Race. Sign up at [www.OceanFestival.org](http://www.OceanFestival.org).
- **7/21** Pier Jumps! Visit [www.san-clemente.org/jg](http://www.san-clemente.org/jg) for the schedule
- **7/22** Train Safety Presentation
- **7/23** Lt./Capt./Cadet Dolphin Safari Field Trip
- **7/24** Beach Concert at Linda Lane Park
- **7/25** End-of-Session Awards Ceremony/Potluck

Next Friday, JG's will receive their photos and enjoy a potluck with their classes. Awards will be given out in front of the Marine Safety building. Parents are invited to attend the awards ceremony! (11:15am for AM Session/3:15pm for PM Session)