



# Junior Lifeguard Newsletter

Session 1 - Week 2, 2026

Our second week of Junior Guards has been a blast! The JG's spent the sunny days swimming, surfing, bodyboarding, doing a pier swim, visiting the snack shack, and playing games of volleyball, jail break, and capture the flag. Pier jumps on Tuesday and Wednesday were a big hit!



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

**REMINDER:** Monday, July 6, is that last day to sign up for Session 2. If your child is interested in spending more time at the beach as a JG this summer, please register at [www.sanclemente.gov/jg](http://www.sanclemente.gov/jg).



Photo credit: Carolina Moura

On Friday, the Cal State Long Beach Shark Lab will visit our JG's and discuss shark behavior and marine conservation. **Next week's pier jumps are TBD**, pending surf conditions. Please check our web site [www.sanclemente.gov/jg](http://www.sanclemente.gov/jg) for updates.



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. We wish everyone a safe and happy 4<sup>th</sup> of July! We hope to see you at the beach for tonight's movie, Friday's beach concerts, and Saturday's spectacular fireworks show!

