



Junior Lifeguard Newsletter

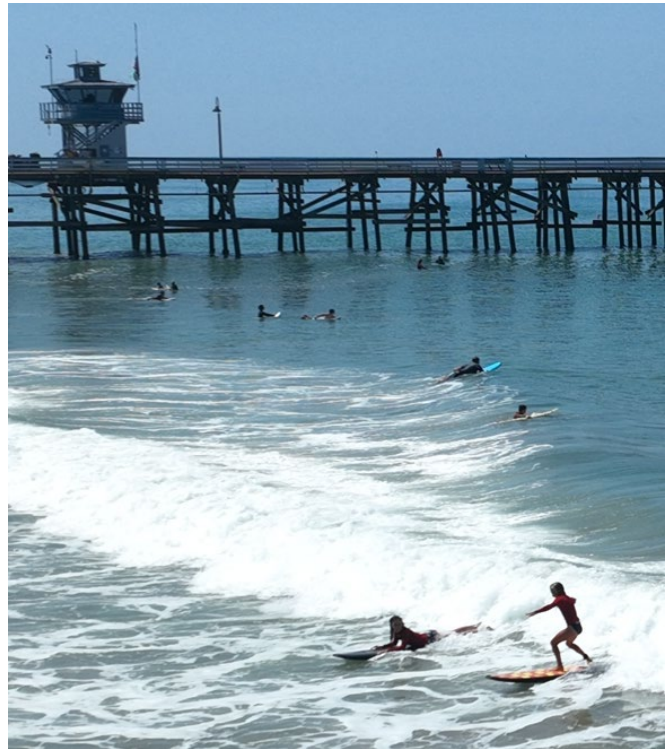
Session 2 - Week 2, 2026

Our second week of Junior Guards has been a blast! Not even the big swell could slow our JG's down. A big highlight was riding the current, AKA "The Lazy River" from Tower 9 to the south side of the pier. The JG's also enjoyed visiting the Snack Shack, touring Tower Zero, building sand castles, completing obstacle courses, tennis ball races, and playing games of volleyball, jail break, and capture the flag.



The JG's received a valuable lesson on CPR this week. In addition, they covered many important topics with their instructors, including:

- First Aid: lacerations and bleeding
- How to treat a C-Spine injury
- Oceanography: tides and marine life
- 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. **Next week's pier jumps are TBD**, pending surf conditions. Please check our web site www.sanclemente.gov/jg for updates.



Next week is the final week of Session 2! 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.