

### Spring Lake Junior Guards

The Spring Lake Ocean Rescue Junior Lifeguards is offering participants an opportunity to join a regionally renowned program of education, disciplined, and aquatic safety training. Our mission is to provide participants with the skills and knowledge to enjoy beach safely; be physically fit and possibly if desired, become one of the elite members of the Spring Lake Ocean Rescue Squad.

The Spring Lake program is not for the faint-of-heart. We challenge our students to go well beyond their current level of physical capabilities. The Junior Guards complete strenuous daily workouts on the beach and in the ocean. In addition, the participants will be instructed in current lifesaving techniques as well as ocean/surf education.

The physical aspects of the program are balanced with camaraderie and excitement. We are privileged to have experienced, dedicated, and highly qualified instructors. Many of our instructors are teachers or are attending University and majoring in education. All instructors are United States Lifesaving Association certified lifeguards.

Junior Lifeguards are divided into four age groupings - • AA: 16-17 • A: 14-15 • B: 12-13 • C: 9-11. Mini Guards ages are 6-8. The Junior Guard program will begin Monday, June 26 through Friday, July 28. We will meet every Monday, Wednesday, and Friday, from 8:00am – 9:15am.

Junior Lifeguards also have an opportunity to test their skills and abilities in ocean competitions against Junior Guards from other area beaches. These events usually are held on Tuesdays and Thursdays during the month of July. Additional, competition opportunities exist at the regional and national levels.

Spring Lake Ocean Rescue Junior Lifeguards is also offering a program for 7 and 8 year olds called "Mini Guards". These participants meet every Tuesday from 8:30 to 9:30, July 5 (Wednesday for this week), 11, 18, 25.

**Junior Guard Program Fees** - \$110.00 registration + tournament participation fee (roughly \$20 per competition). If you participate in Mid-Atlantic Regional's you will also need to register for USLA in addition to that particular tournament.

**Mini Guard program Fees** - registration \$55.

Please visit [www.springlakeboro.org](http://www.springlakeboro.org) to register on line. Click on Beaches and Pools, and then follow the steps for the registration. For any questions, feel free to contact Tom Bateman [trbate@verizon.net](mailto:trbate@verizon.net), or Kevin Lenk at [kevonnj@gmail.com](mailto:kevonnj@gmail.com).