

## Program Information

The Hansen Dam Junior Lifeguard Program is a six week program designed to provide boys and girls, ages 9-17, with a well rounded experience of knowledge, skills, and the lifestyle of an open water lifeguard. All participants will be engaged in physical activities in the water and on dry land, with an emphasis on learning, maturing, self respect, and respect for others.

## Program Content

- Participants will learn basic lifeguarding skills, rescue skills, basic CPR, and first aid. (no certificates are issued)
- Physical activities include open water swimming, distance & sand running, and both standup and prone paddling, kayaking, & snorkeling.
- **Possible** competition events consist of: rescue board relays, run-swim-runs, buoy swims, rescue swim relays and beach flags. At various times during the season, participants will be able to compete against Junior Lifeguards throughout Southern California.
- Field trips to local beaches, an introduction to surfing (if possible).

## Age Divisions (coed):

**AA** Division 16-17 Years  
**A** Division 14-15 Years  
**B** Division 12-13 Years  
**C** Division 9-11 Years

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Kelly Caldwell

Melanie Escamilla

### Hansen Dam Aquatic Center

### Lifeguard Captain

Edwin Realegeno

### Lifeguard Lieutenant I

Robert Schallert

## CITY OF LOS ANGELES Department of Recreation & Parks CITYWIDE AQUATICS DIVISION

# Hansen Dam



# Summer 2023

11798 Foothill Blvd.  
Lake View Terrace, CA 91342  
**(818) 899-3779**  
[www.laparks.org/hansen/index.htm](http://www.laparks.org/hansen/index.htm)

## Program Cost

### **The six week program and costs:**

- \$ 450.00

### **Items needed for payment:**

- Completed application
- Checks made payable to: L.A. City Department of Recreation and Parks
- Driver's license numbers for all checks.
- No refunds unless the program is cancelled.

## Uniform Packet

**Boys:** 1 Jr. Guard shirt & 1 navy blue shorts

**Girls:** 1 Jr. Guard shirt & 1 navy blue shorts, 1 navy one piece swimsuit.

## Program Dates and Times

**Dates:** June 19th - July 28th, 2023

**Program Time:** 8:00 AM -12:00 PM

**Days:** Monday through Friday



### ***Due to COVID19,***

*Our program will be subject to any changes necessary to maintain compliance with CDC, State, County, and City guidelines.*

## Registration

Registration opens **April 1st** for All Applicants. Returning applicants from last year, can simply sign up. All other applicants will be considered new and need to tryout. In person registration will be at Hansen Dam Aquatic Center.

## Tryouts

New applicants must successfully complete a swim test prior to registration. The test consists of the following (returning applicants do not have to tryout):

- **100-Yard swim under 2:00 minutes.**

**Dates:** 5/6, 5/13, 5/20, 6/4, 6/11

**Time:** 9:00am to 12:00 pm

**Test Location:** Hansen Dam Aquatic Center. **Participant Age:** 9-17 years old

## Competitions

Competitions are fun social events that build self-esteem & camaraderie, consisting of individual events and team relays.

### **Competition Events Include:**

Run-Swim-Runs	Distance Swims
Distance Runs	Paddle Board Races
Rescue Relays	Beach Flags

**Competition & Field Trip Dates will be announced at the parent meeting**

***All tentative and Subject to change***

In general beach trips and competitions will end at 2pm

\*Battle of The Beach @ Cabrillo Beach

\*Beach trips:

◇ Santa Monica Beach

◇ Dockweiler Beach

\*Annual Hansen Dam JG Triathlon

\*Catalina Trip

\*County Lake competitions

## Mandatory Parent Meeting

At least one parent/guardian must attend along with their new or returning Junior Lifeguard. Additional uniform items will be available for purchase on this day.

**Saturday, June 17, 2023**

**Location:** Hansen Dam Lifeguard Headquarters

**Time:** 9:00 am



United States Life Saving Association



Los Angeles City Lifeguards

