



2018 Junior Lifeguard Conditioning Program

JG Conditioning Program provides training for...

2018 L.A. County JG Swim Test and Conditioning Workout for Returning JGs

3 Sessions at Mira Costa High School Pool

Sign-Ups Start January 29th, 2018

Sign-Up by March 2nd, 2018

SPACE IS LIMITED - first come, first serve!

Session	Date	Duration	Days	Time	Cost
#1	03/12/18 - 03/30/18	3 weeks	Mon./Tues./Thurs.	5:30-6:30pm	\$150
#2	04/09/18 - 04/27/18	3 weeks	Mon./Tues./Thurs.	5:30-6:30pm	\$150
#3	04/30/18 - 05/11/18	2 weeks	Mon./Tues./Thurs.	4:00-5:00pm	\$100

L.A. Co. Fire Dept. JG Swim Test Dates

(www.fire.lacounty.gov/lifeguard/lifeguard-youth-programs/)

Saturday, April 14th, 2018 – Loyola Marymount University Pool

Saturday, April 28th, 2018 – Culver City Plunge

Sunday May 6th, 2018 – Palisades High School

All participants must be at least 9 years old by July 1, 2018, and are expected to have mastered basic swimming skills. The program is designed to refine basic skills, condition, and improve swimming times. All classes are taught by Mira Costa High School Aquatics Athletes under the supervision of Coach Jon Reichardt. **All proceeds benefit the Mira Costa High School Aquatics Programs.** For more information, contact John Bathurst at john@bathurstcoastalproperties.com.

SIGN-UP

Visit <http://www.mbxfoundation.org/tag/booster-club-fundraisers/>, or click Here (with link), fill out online form and submit payment (credit card or PayPal). You can sign up for more than one session, but do it today! Space is limited to 70 students per session.