

Get in shape for 2025 Junior Lifeguards tryouts!

SPLASH AQUATICS



"The Original"

JUNIOR LIFEGUARD PREP

Hard Work + Determination = Success

- Work-outs designed to help your child pass Junior Guard tryouts.
 - Learn proper stroke technique and turns.
 - Improve their cardiovascular conditioning.
 - Timed testing to assess their progress.

Suggestion:
To increase chances of passing local JG tests you are encouraged to sign up for unlimited and attend as often as possible.

Junior Lifeguard Prep

<u>Group</u>	<u>Dates</u>	<u>Hours</u>	<u>Cost</u>
A Unlimited	2/3 to 2/28	6:30-7:30	\$200
B Flex	2/3 to 2/28	6:30-7:30	\$175
1 Unlimited	3/3 to 4/25	6:30-7:30	\$400
2 Flex	3/3 to 4/25	6:30-7:30	\$350
3 Unlimited	4/28 to 5/23	6:30-7:30	\$200
4 Flex	4/28 to 5/23	6:30-7:30	\$175

- Practices are held Monday thru Thursday.
- Testing will be held approximately every other Friday. (will be announced at a later date.)
- Unlimited = may attend all 4 practices per week
- Flex = may attend no more than 2 practices per week
- No Make up workouts for missed days.
- Not Mandatory to attend all practices.
- Must register with USA Swimming. We will email the link during registration process.
- * Times are subject to change depending upon the Schools aquatics programs and competitions

Where:

Marina High School 15871 Springdale st. , Huntington Beach, CA

Sign-up:

- Register ahead of time and secure your child's spot.
- All swimmers will receive a cap on their first day of workout. Swimsuit must be worn at practice.
- Additional caps may be purchased for \$5 each at the pool deck.

SPLASH YOUTH SPORTS INC

SPLASH AQUATICS

Member of:

UNITED STATES SWIMMING
SOUTHERN CALIFORNIA SWIMMING
 and the
ORANGE COUNTY SWIM CONFERENCE

For Further information
Contact:

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(Head Swim Coach)

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or

Email: coachcynthia@splashaquatics.com

- check us out on the web at www.splashaquatics.com
- download team registration card
- register ahead of time on Deck or by mail