



## 2022 Junior Lifeguard Conditioning Program

JG Conditioning Program provides training for 2022 LA County JG Swim Test and conditioning workout for returning JG's.

3 sessions at Mira Costa High School pool

Sign-ups start February 1<sup>st</sup>, 2022

Session 1 sign up closes 2/25/22

Session 2 sign up closes 3/11/22

Session 3 sign up closes 4/12/22

**SPACE IS LIMITED –first come, first serve!**

Session	Date	Duration	Days	Time	Cost
<a href="#"><u>#1</u></a>	2.28-3/11	2 wks/ 6 classes	Mon/Wed/Fri	5:40pm - 6:30pm	\$150
<a href="#"><u>#2</u></a>	3/14-4/1	3 wks/ 9 classes	Mon/Wed/Fri	5:40pm - 6:30pm	\$225
<a href="#"><u>#3</u></a>	4/13-4/29	2.5 wks/ 8 classes	Mon/Wed/Fri	5:40pm - 6:30pm	\$200

LA County Fire Dept. JG Swim Test Dates – dates are: Saturday 3/12/22, Sunday 3/20/22, Sunday 3/27/22, Saturday 4/2/22 and Sunday 4/10/22.

<https://fire.lacounty.gov/junior-lifeguard-program/>

Participants must be at least 9 years old by July 1<sup>st</sup>, 2022 and are expected to have mastered basic swimming skills. The program is designed to refine basic skills, condition and improve swimming times. Classes are taught by Mira Costa High School Aquatics athletes, under the supervision of Coaches Ariana Silva and Antonis Nahabed. Swim sessions will take place rain or shine, however, the pool will be shut down for lightning. No refunds given after the first week. All proceeds benefit the Mira Costa High School Aquatics teams. For more information, please contact Pip Coyne at: [mchsswimdive@gmail.com](mailto:mchsswimdive@gmail.com).

### **SIGN-UP**

Visit sign-up links in table above or [the Costa Swim booster page](#) to fill out the online form and submit payment (credit card or Paypal). You can sign up for more than one session.

**Sign up today, as space is limited to 60 participants per session!**