



# 2019 Junior Lifeguard Conditioning Program

**JG Conditioning Program provides training for...  
2019 L.A. County JG Swim Test  
and  
Conditioning Workout for Returning JGs**

**3 Sessions at Mira Costa High School Pool**

**Sign-Ups Start January 28<sup>th</sup>, 2019**

**Sign-Up by March 2<sup>nd</sup>, 2019**

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

Session	Date	Duration	Days	Time	Cost
#1	03/11/19 - 03/28/19	3 weeks	Mon./Tues./Thurs.	5:30-6:30pm	\$160
#2	04/08/19 - 04/25/19	3 weeks	Mon./Tues./Thurs.	5:30-6:30pm	\$160
#3	04/29/19 - 05/9/19	2 weeks	Mon./Tues./Thurs.	4:00-5:00pm	\$110

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

**([www.fire.lacounty.gov/lifeguard/lifeguard-youth-programs/](http://www.fire.lacounty.gov/lifeguard/lifeguard-youth-programs/))**

Saturday, April 13<sup>th</sup>, 2019

Saturday, April 27<sup>th</sup>, 2019

Sunday May 5<sup>th</sup>, 2019

All participants must be at least 9 years old by July 1, 2019, 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 Patti Terry at [costagirlswp@gmail.com](mailto:costagirlswp@gmail.com).

### **SIGN-UP**

Visit <http://www.mbxfoundation.org/tag/booster-club-fundraisers/>, or click [HERE](#), fill out the online form and submit payment (credit card or PayPal). You can sign up for more than one session listed on the fundraising page. Sign up today as space is limited to **70** students per session!