



**2023 LA COUNTY JUNIOR LIFEGUARD CONDITIONING PREP PROGRAM**  
**3 SESSIONS AVAILABLE AT MIRA COSTA HIGH SCHOOL POOL**

Session	Date	Duration	Days	Time	Cost
#1	2/6-2/17	2 weeks/6 classes	Mon/Wed/Fri	5:40 pm - 6:30 pm	\$150
#2	2/27-3/17	3 weeks/7 classes	Mon 2/27, Wed 3/1, Fri 3/3, Wed 3/8, Fri 3/10, Tues 3/14, Thu 3/16	5:40 pm – 6:30 pm	\$175
#3	3/20-3/31	2 weeks/5 classes	Mon 3/20, Wed 3/22, Fri 3/24, Tue 3/28 & Thu 3/30	5:40 pm - 6:30 pm	\$125

**LA County Fire Department JG 2023 Swim Test Dates:** TBA but are tentatively scheduled for late March through mid-April with possible first day **Saturday 3/25/2023**.

<https://fire.lacounty.gov/junior-lifeguard-program/#1566444813858-dc7893b6-c0ff>

**THE 2023 JUNIOR LIFEGUARD PROGRAM DATES HAVE BEEN ANNOUNCED!**

**Session 1: Monday, June 19 – Friday, July 14**

**Session 2: Monday, July 17 – Friday, August 11**

Participants must be at least 9 years old by July 1, 2023 and are expected to have mastered basic swimming skills. The program is designed to refine basic skills, get conditioned and improve swimming times. Classes are taught by Mira Costa HS Aquatic 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 in the event of lightning. No refunds given after the first week. All proceeds benefit the Mira Costa High School Aquatic teams. For more information, please contact Debbie Tran at: [costagirlswp@gmail.com](mailto:costagirlswp@gmail.com).

SIGN UP: Visit sign-up link <https://www.mbxfoundation.org/booster-clubs/water-polo-girls/> or the Costa Girls Water Polo 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!