



## 2026 Junior Lifeguard Conditioning Program

JG Conditioning Program provides training for 2026 LA County JG Swim Test and conditioning workout for returning JG's.

4 sessions at Mira Costa High School pool

**Sign-ups open now!**

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

| Session | Dates        | Duration          | Days                               | Time        | Cost  |
|---------|--------------|-------------------|------------------------------------|-------------|-------|
| 1       | 2/17-2/27/26 | 2 weeks/6 classes | 2/17, 2/18, 2/20, 2/23, 2/25, 2/27 | 5:45-6:30PM | \$200 |
| 2       | 3/2-3/13/26  | 2 weeks/6 classes | 3/2, 3/4, 3/6, 3/9, 3/11, 3/13     | 5:45-6:30PM | \$200 |
| 3       | 3/16-3/27/26 | 2 weeks/6 classes | 3/16, 3/18, 3/20, 3/23, 3/25, 3/27 | 5:45-6:30PM | \$200 |
| 4       | 4/6-4/17/26  | 2 weeks/6 classes | 4/6, 4/8, 4/10, 4/13, 4/15, 4/17   | 5:45-6:30PM | \$200 |

LA County Fire Dept. JG Swim Test Dates: Saturday 3/14, Sunday 3/22, Sunday 3/29 and Sunday 4/12. For more information, please visit the LA County Fire Junior Lifeguard website.

Participants must be at least 9 years old by July 1<sup>st</sup>, 2026 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 David Halushka, Antonis Nahabed and Garrett Weatherly. 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 Aquatics teams. For more information, please contact Pip Coyne at: [mchsswimdive@gmail.com](mailto:mchsswimdive@gmail.com).

### SIGN-UP

Visit the Costa Swim Booster page on the MBX Foundation website to complete online registration and submit payment. You can sign up for as many sessions as you like.



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