



2024 Junior Lifeguard Conditioning Program

JG Conditioning Program provides instruction and training for the 2024 LA County JG Swim Test and conditioning/workouts for returning JGs

3 sessions at Mira Costa High School Pool

Sign-ups start February 1st, 2024

Session 1 sign-up closes 2/23/24

Session 2 sign-up closes 3/08/24

Session 3 sign-up closes 4/05/24

SPACE IS LIMITED - first come, first served!

Session	Date	Duration	Days	Time	Cost
#1	2/26-3/7	2 wks/ 6 classes	Mon/Tues/Thurs	5:40pm-6:30pm	\$175
#2	3/11-3/29	3wks/8 classes	Mon/Wed/Fri	5:40pm-6:30pm	\$200
#3	4/8-4/19	2 wks/ 6 classes	Mon/Wed/Fri	5:40pm-6:30pm	\$175

LA County Fire Dept. JG Swim Test Dates: Saturday 3/23/24, Sunday 3/31/24, Saturday 4/6/24, Sunday 4/7/24, Sunday 4/21/24.

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

Participants must be at least 9 years old by July 1st, 2024 and are expected to have mastered basic swimming skills. The program is designed to refine basic skills, provide conditioning and improve swim times. Classes are taught by Mira Costa High School Aquatics athletes under the supervision of Coach Antonis Nahabed. Sessions will take place rain or shine, however, the pool will be shut down for lightning. No refunds given after the first week. Proceeds benefit Mira Costa High School Aquatics teams.

For more information please contact Chrissie Clay or Rachel Alexander at Costaboyswp@gmail.com

SIGN-UP

[Visit sign-up links located on the Mira Costa Boys Water Polo booster page.](#)

Fill out the online form and submit payment (Credit or Paypal).

You can sign up for multiple sessions.

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