

Get in shape for 2024 Junior Lifeguards tryouts!

SPLASH AQUATICS

"The Original"

JUNIOR LIFEGUARD PREP

Hard Work + Determination = Success

- Work-outs designed to help your child pass Junior Guard tryouts.
- Learn proper stroke technique and turns.
- Improve their cardiovascular conditioning.
- Timed testing to assess their progress.

Suggestion:

To increase chances of passing local JG tests you are encouraged to sign up for unlimited and attend as often as possible.

Junior Lifeguard Prep

<u>Group</u>	<u>Dates</u>	<u>Hours</u>	<u>Cost</u>
A Unlimited	2/5 to 2/29	7:00-8:00	\$200
B Flex	2/5 to 2/29	7:00-8:00	\$175
1 Unlimited	3/4 to 4/26	7:00-8:00	\$400
2 Flex	3/4 to 4/26	7:00-8:00	\$350
3 Unlimited	4/29 to 5/24	7:00-8:00	\$200
4 Flex	4/29 to 5/24	7:00-8:00	\$175

- Practices are held Monday thru Thursday.
- Testing will be held approximately every other Friday. (will be announced at a later date.)
- Unlimited = may attend all 4 practices per week
- Flex = may attend no more than 2 practices per week
- No Make up workouts for missed days.
- Not Mandatory to attend all practices.
- * Times are subject to change depending upon the Schools aquatics programs and competitions

Where:

Marina High School 15871 Springdale st. , Huntington Beach, CA

Sign-up:

Register ahead of time and secure your child's spot.

- All swimmers will receive a cap on their first day of workout. Swimsuit must be worn at practice.
- Additional caps may be purchased for \$5 each at the pool deck.

SPLASH YOUTH SPORTS INC

SPLASH AQUATICS

Member of:

UNITED STATES SWIMMING
SOUTHERN CALIFORNIA SWIMMING
and the
ORANGE COUNTY SWIM CONFERENCE

For Further information
Contact:

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or

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- check us out on the web at www.splashaquatics.com
- download team registration card
- register ahead of time on Deck or by mail