

Get in shape for 2023 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>
1 Unlimited	3/6 to 4/28	7:00-8:00	\$300
2 Flex	3/6 to 4/28	7:00-8:00	\$250
3 Unlimited	5/1 to 5/26	7:00-8:00	\$150
4 Flex	5/1 to 5/26	7:00-8:00	\$125

- 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:**

Fountain Valley High School 17816 Bushard St.

### **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  
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or

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- check us out on the web at [www.splashaquatics.com](http://www.splashaquatics.com)
  - download team registration card
- register ahead of time on Deck or by mail