

Get in shape for 2026 Junior Lifeguards tryouts!

SPLASH AQUATICS



"The Original"

JUNIOR LIFEGUARD PREP

Hard Work + Determination = Success

Suggestion:

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

- 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.

Junior Lifeguard Prep

<u>Group</u>	<u>Dates</u>	<u>Hours</u>	<u>Cost</u>
1 Unlimited	2/2 to 2/27	6:30-7:30	\$225
2 Flex	2/2 to 2/27	6:30-7:30	\$195
3 Unlimited	3/2 to 4/24	6:30-7:30	\$450
4 Flex	3/2 to 4/24	6:30-7:30	\$390
5 Unlimited	4/27 to 5/22	6:30-7:30	\$225
6 Flex	4/27 to 5/22	6:30-7:30	\$195

- Practices are held Monday thru Thursday.
- Testing will be held approximately every other Friday. (Testing does not count as a practice day)
- **Unlimited** = may attend all 4 practices per week, M-Th
- **Flex** = may attend no more than 2 practices per week, M-Th
- No make up workouts for missed days.
- Not mandatory to attend all practices.
- Must register with USA Swimming. We will email the link during registration process.
- * Times are subject to change depending upon the Schools aquatics programs and competitions

Where We Train:

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

Sign-up:

Register ahead of time and secure your child's spot. (Email Coach Cynthia)

- 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:

Cynthia Bandaruk
(Head Swim Coach)
(714) 496-1762
or

Email: coachcynthia@splashaquatics.com

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

Splash Aquatics: 10472 Morning Glory Ave, FV, Ca, 92708