

Summer 2023 Pool Junior Guards
Overview and Parent Resource



PROGRAM OVERVIEW

The Santa Cruz County Parks Junior Guards program will provide your child with an understanding of the skills required to become aquatically proficient, emphasizing fun and physical fitness through a variety of activities. Under the supervision of our qualified and experienced instructors, your child will practice the skills necessary to become a successful lifeguard. All the sessions will consist of conditioning, lifeguard instruction and special activity days. Conditioning will include swimming, running, calisthenics and team-building games, in addition to other physical activities.

Session Dates and Hours of Operation

Morning Sessions:

Session One: June 5th – June 23rd, 9am – 1pm [#26512](#)

Session Two: June 26th – July 14th, 9am -1pm, [#26513](#)

Session Three: July 17th – August 4th, 9am -1pm, [#26515](#)

Afternoon Session:

Session One: June 5th- June 23rd, 2pm-5pm, [#26514](#)

Session Two: June 26th – July 14th, 2pm – 5pm, [#26517](#)

Session Three: July 17th – August 4th, 2pm – 5pm, [#26518](#)

*Programs will not meet on Tuesday, July 4th.

Morning sessions of this program begin at 9AM and end at 1PM. Participants may not arrive earlier than 8:45AM prior to the start of program each day. Morning session participants may stay for Recreation Swim from 1pm-3:30pm free of charge.

Afternoon sessions of this program begin at 2PM and end at 5PM. Participants may not arrive earlier than 1:45PM prior to the start of program each day.

Enrollment Totals

Each morning session will have 80 participants total.

Each afternoon session will have 40 participants total.

Registration

Registration for all sessions will open online and over the phone **Saturday, April 1st, at 8am.**

We strongly encourage online registration, programs fill quickly.

Over the phone registration opens at the same time as online registration.

All registrations will take place online or over the phone. In person registration will not be available.

Registration will be limited to 1 session per individual.



Enrollment Fees (Resident/Non-Resident*)

	Session 1	Session 2*	Session 3
AM (9am-1pm)	\$480/\$528	\$448/\$493	\$480/\$528
PM (2pm-5pm)	\$360/\$396	\$336/\$372	\$360/\$396

*Participants who live within an unincorporated area of the County such as Live Oak qualify for resident fees.

*Participants that live outside of SC County or within the city limits of Capitola, Santa Cruz, Scotts Valley, or Watsonville are considered non-residents.

*Session 2 enrollment fees discounted due to there being no program on 7/4.

Sibling Discount

15% sibling discount(s) available for any siblings registered in any combination of session(s) Discount applies additional registration(s) of a lower amount.

Refund/ Cancellation Policy

- More than 3 weeks prior to start of the program: a \$50.00 cancellation fee
- Less than 3 weeks prior to start of program: 50% cancellation fee.
- After the 2nd day of the program refunds or credits will not be given
- There are no refunds or credits for participants suspended or removed from the program for disciplinary reasons.
- Participants that do not pass the swim test will be given a full refund.

Attendance

- Regular attendance is encouraged, and credits will not be given for missed days.

AGE REQUIREMENTS

The age requirement for this program is **7-13 years old**. Participants that cannot meet the swimming requirements for this program may not register for Little Guards.

The Physical Challenge

Successful course completion requires physical activity. Sessions will include some strenuous exercise. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the Junior Guards program, please contact us to discuss it before the program begins.



To participate in Pool Junior Guards, the following skills must be demonstrated prior to the beginning of instruction on the first day of class:

- **Swim the front crawl (freestyle stroke) for 25 yards continuously while breathing to the side.**
- **Tread water for one minute using arms and legs.**
- **Submerge and swim 10 feet underwater**

All Junior Guard participants will need to fulfill the minimum requirements to participate in the program. Instructors will notify you after the skills assessment if your child does not complete the minimum requirements for participation. **You must remain at the facility on the first day of instruction until staff has cleared your child for participation in the program.** Swimming sessions occur daily between 45 – 75 minutes of swim workouts and swim coaching. Participants will be split into swim groups based on their age and swimming ability. Please ensure that your child has goggles, an athletic swimsuit and maximum swim protection (i.e. rash guard and waterproof sunscreen) for these long swim sessions.

Daily Requirements

All participants are expected to be able to participate in all activities, unless they have notes from their parents saying otherwise. Participants should arrive on time, in uniform and prepared for both dryland and swimming activities.

- Junior Guard t-shirt – given out the first day of program
- Swimsuit, towel, warm clothing, athletic shoes
- Lunch, snacks and lots of water
- Sunscreen, goggles, and a hat
 - Optional items are rash guards, wetsuit tops and no more than \$5 for the vending machine

Uniform Requirements

- Participant uniform consist of red swim trunks or shorts, program t-shirt, and closed toed shoes.
- Each participant will be given a program t-shirt with registration.
- Program hoodies and sweats will be on sale at the swim center as well as additional program t-shirts.

Participants must bring the following items to program every day:

- Red Swimsuit, towel, warm clothing, closed toed athletic shoes.
- Lunch, snacks and lots of water.
- Sunscreen, goggles, and a hat.
- Optional items are rash guards and wetsuit tops.



Weekly Calendar and Programing

Staff will distribute a weekly calendar each Monday of the session. The calendar will provide information on that week's special activities and/or field trips and important upcoming information parents need to be aware of.

Program highlights include daily water exercise and workouts, kayak and paddleboard use, and a beach day field trip.

Drop off and Pick Up Procedure

Our goal is to limit outside adult to youth interaction beyond the site staff and participating children. We greatly appreciate your support in helping our staff team implement an efficient check-in and check-out system. Parents/guardians or others designated to pick up your child must present a valid photo ID at check-out. Drop off and pick up will done at the **orange gates kiosk entrance**, not in the main lobby of the pool.

If you have a participant in both the Junior Guard and Little Guard programs please enter through the Orange gate and check in your Junior Guard at the Kiosk window prior to walking to the Little Guard courtyard for Little Guard check in.

Self-Checkout

- If authorized, participants may check themselves out of the program without a parent or guardian present and leave the facility.
- Self-checkout authorization can be found on each participants emergency cards.

Free Recreation Swim

- **Morning Junior Guard Program** - Currently enrolled participants may swim for free during our recreation swim program. Recreation swim times are 1:00 pm - 3:30 pm, Monday through Friday.
- **Afternoon Junior Guard Program** – Currently enrolled participants may swim for free during our recreation swim program for a short period of time prior to the start of instruction each day. Recreation swim times for participants in the afternoon sessions are 1:15 pm - 2:00 pm, Monday through Friday. Junior Guard parents and other family members must pay for entrance to attend Recreation swim with the participant

Instructors are not responsible for the supervision of children after 1:00 pm. Lifeguards will provide general pool supervision during recreation swim and are NOT available for one-on-one supervision. During recreation swim, a designated Junior Guard Instructor will be on the premises and available for your child if they need it.



Important Reminders!

- **Orange Gates Kiosk Entrance** – Junior Guards program participants will enter through the rear orange gates at the Swim Center and check in and out each day at the Kiosk window. They will then meet next to the 50M pool in the new patio area.
- **Early Pick Ups** – Please provide advanced notice if you would like to pick up your child early from the program.
- **Lost and Found** – There is a lost and found bin located at the camp courtyard against the green fence. Any clothing, shoes, lunch bags, or other miscellaneous personal belongings that are left on the pool deck may be placed in the lost and found bin at the end of the day by one of the camp instructors.
- **Attendance** – Regular attendance is encouraged and

Questions and Contacts:

If you have any questions about this overview document, staffing, and logistics, please email swimcenter@scparks.com or call us: 831-454-7960.



2023 Santa Cruz County Summer Camp Programs will be operated in strict accordance with CDC COVID-19 guidance and recommendations.

