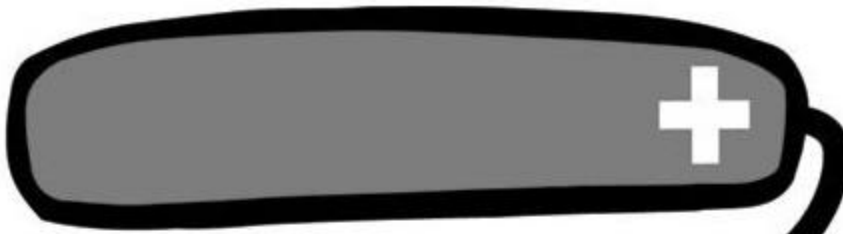
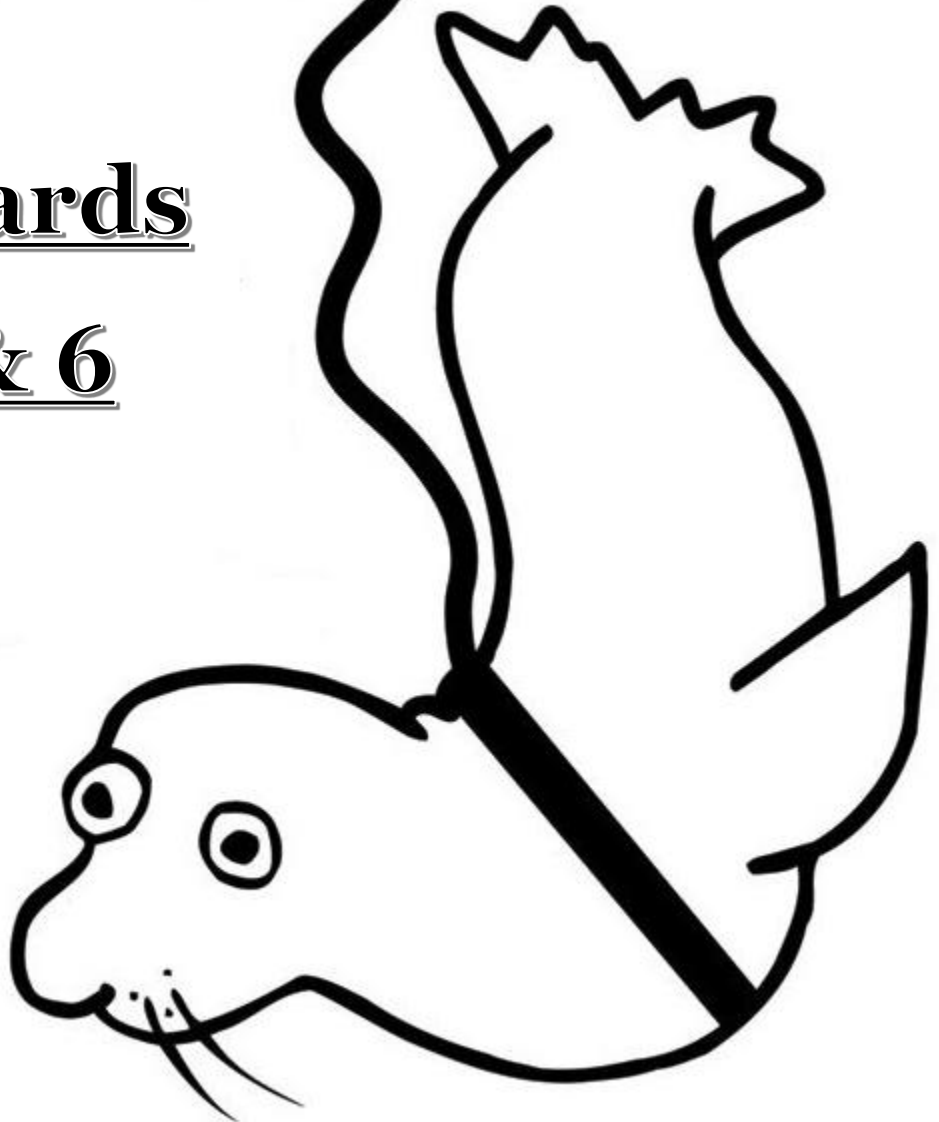


Summer 2023 Little Guards (ages 5&6)
Overview and Parent Resource



Little Guards

Ages 5 & 6



PROGRAM OVERVIEW

The Santa Cruz County Parks Little Guard program will provide your child with an understanding of the skills required to become aquatically proficient by emphasizing fun and physical fitness through a variety of activities but specifically aimed at children ages 5 & 6. All the sessions will consist of conditioning activities on land, swimming lessons and activities either in the Warm Water Pool or Splash Down pool (both heated to 88 degrees), lifeguard demonstrations and special activity days.

Session Dates and Hours of Operation

Morning Sessions:

Session One: June 5th – June 23rd, 9am – 1pm, [#26506](#)

Session Two: June 26th – July 14th, 9am -1pm, [#26507](#)

Session Three: July 17th – August 4th, 9am -1pm, [#26508](#)

Afternoon Session:

Session One: June 5th- June 23rd, 2pm-5pm, [#26509](#)

Session Two: June 27th – July 15th , 2pm – 5pm, [#26510](#)

Session Three: July 18th – August 5th , 2pm – 5pm, [#26511](#)

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

Morning sessions of the program begin at 9AM and end at 1PM. Participants may not arrive earlier than 8:45AM prior to the start of program each day.

Afternoon sessions of the 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 and afternoon session will have 25 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
- Refunds will be issued for any COVID related closures or suspensions to camp.
- There are no refunds or credits for participants suspended or removed from the program for disciplinary reasons

AGE REQUIREMENTS

Participants must be five or six years of age before the first day of the enrolled session.

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 program, please contact us to discuss it before the program begins.

To participate in this program, participants must be at least to the “Guppy” swim lesson level. This means that they are:

- **Capable of fully submerging their faces and blowing bubbles repeatedly.**
- **Can float on front and back with or without support.**
- **Capable of kicking with or without support while floating on back or front.**

Swimming sessions occur daily between **45 – 60** minutes of swim lessons and swim coaching with half of the group at a time an instructor in the water. 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.

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 paly and swim lessons, 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.

Important Reminders!

- **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.



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.



2022 Santa Cruz County Summer Camp Program will be operated in strict accordance with CDC COVID-19 guidance and recommendations.



2023 Summer Little Guards (ages 5 & 6) Overview