2018 Calendar UCSB Junior Lifeguards

Events are subject to change of date and cancellation

Rookie Week  WED  At REC CEN. Intro: rules and regulations, swim technique
6 / 20 – 6 / 22  THUR  At Campus Pt. Intro: Equipment (use + handling), beach safety
9 AM – Noon  FRI  Swimming, running, paddling, beach games

SESSION 1: Monday thru Friday; 8:30 AM – 12:30 PM; June 26 – July 21

Week 1
MON  REC CEN drop-off for ages 8 – 11; R&R, swim skills
Campus Point drop-off for ages 12 & up
6 / 25 – 6 / 29  TUES  Campus Point drop-off for 8 – 11; beach safety, equipment
REC CEN drop-off for ages 12 & up
WED  First Aid: Bleeding + burns
THUR  First Aid: Bites + Stings “John Wayne”
FRI  Locals only Comp or Fun Comp

Week 2
MON  Fire Engine Demo’s at Campus Point for 8 - 11
7 / 2 – 7 / 6  TUES  First Aid: Heat + Cold Emergencies;
WED  4th of July Holiday observed – no program today
THUR  Ocean awareness: waves, tides, currents
FRI  Ocean Lifesaving + Mock Rescues

Week 3
MON  Science Day
7 / 9 – 7 / 13  TUES  Goleta Beach: beach clean-up + pizza
WED  Competition Prep & First Aid: Heart Attack; CPR: (ages 8 – 11)
THUR  Competition Prep & CPR: (ages 12 & up)
FRI  Carpinteria Competition

Week 4
MON  First Aid: Shock, Seizure, Stroke
7 / 16 – 7 / 20  TUES  Goleta Beach; Jet ski rescues + pier jump
Session 2: July 24 – August 17

**Week 1**

**MON**
REC CEN drop-off for ages 8 – 11; R&R, swim skills
Campus Point drop-off for ages 12 & up

**TUES**
Campus Point drop-off for 8 – 11; beach safety
REC CEN drop-off for ages 12 & up

**WED**
Competition Prep & First Aid: Bleeding + Burns

**THUR**
Competition Prep & First Aid: Bites + Stings

**FRI**
Fiesta Competition

**Week 2**

**MON**
Fire Engine Demo’s at Campus Point for 8 - 11

**TUES**
First Aid: Heart Attack

**WED**
CPR: (ages 8 – 11)

**THUR**
CPR: (ages 12 & up)

**FRI**
Fun Comp

**Week 3**

**MON**
First Aid: Heat + Cold Emergencies;

**TUES**
Goleta Beach: beach clean-up + pizza

**WED**
First Aid: Shock, Seizure, Stroke

**THUR**
Ocean awareness: waves, tides, currents

**FRI**
Ocean Lifesaving + Mock Rescues

**Week 4**

**MON**
Science Day

**TUES**
Goleta Beach; Jet ski rescues + pier jump

**WED**
Sun Block Face Painting Contest & Sandwich Day

**THUR**
Goleta Beach (Patch Swim, Picture Day)