

2019 Calendar UCSB Junior Lifeguards (Tentative)

Events are subject to change of date and cancellation

Rookie Week WED At REC CEN. Intro: rules and regulations, swim technique
6 / 19 – 6 / 21 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 24 – July 19

Week 1 MON REC CEN drop-off for ages 8 – 11; R&R, swim skills
Campus Point drop-off for ages 12 & up
6 / 24 – 6 / 28 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
FRI Open

Week 2 MON Fire Engine Demo's at Campus Point for 8 - 11
7 / 1 - 7 / 5 TUES Ocean awareness: waves, tides, currents ; (John Wayne)
WED Ocean Lifesaving + Mock Rescues
THUR 4th of July Holiday observed – no program today
FRI First Aid: Heat + Cold Emergencies;

Week 3 MON Open
7 / 8 – 7 / 12 TUES 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 / 15 – 7 / 19 TUES Competition Prep & Zinka Face Painting Contest & Sandwich Day

WED Goleta Beach; Jet ski rescues + pier jump
 THUR Goleta Beach (Patch Swim and Picture Day) Awards
 FRI **Fiesta Comp.** Goleta Beach; Jet ski rescues + pier jump

Session 2: July 22 – August 15

Week 1 MON **REC CEN drop-off for ages 8 – 11**; R&R, swim skills
 Campus Point drop-off for ages 12 & up
 7 / 22 – 7 / 26 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 **Regionals Competition at Carpinteria**

Week 2 MON Fire Engine Demo's at Campus Point for 8 - 11
 7 / 29 – 8 / 2 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**;
 8 / 5 – 8 / 9 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**
 8 / 12 – 8 / 15 TUES Goleta Beach; Jet ski rescues + pier jump
 WED Sun Block Face Painting Contest & Sandwich Day
 THUR Goleta Beach (Patch Swim, Picture Day)