## Session 1: Week 1 Calendar

<table>
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<th>Day</th>
<th>Activity Details</th>
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| **MON** | REC CEN drop off ages 8-11: Rules & Regulations, Swim Skills  
Campus Point drop off ages 12 and up |
| **TUES** | Campus Point drop off ages 8-11  
REC CEN drop off ages 12 and up |
| **WED** | First Aid: Bleeding and Burns |
| **THUR** | First Aid: Bites and Stings;  
**JOHN WAYNE CANCER FOUNDATION** |
| **FRI** | **Locals Only Competition at East Beach** |

New Jr. Lifeguards play dodgeball
Rookie Week Highlights

This year’s Rookie Week was a great way to start the summer with a splash! Our new Jr. Lifeguards got to meet our instructors and assistants and learn about the rules, activities and fun we will have here at JGs this summer. Wednesday was our first day at the pool and we got to practice our swimming skills, play an exciting game of sharks and minnows and jump off the diving boards. On Thursday we worked on water entries and did our first run-swim-run. Our new Jr. Guards did an excellent job especially Cayden who finished first in the run-swim-run. Then we got to practice run relays, play dodgeball and have some free time. On Friday we played flags and Abbey showed her speed being our top contestant for the girls. We also got to do two long buoy swims and play beach soccer. The instructors are looking forward to all the fun and learning the Jr. Lifeguards will experience on the beach this summer.