

SEA
GIRT



JUNIOR
LIFEGUARDS

The Sea Girt Junior Lifeguards program is gearing up for summer of 2019 & Registration is LIVE! Last year, we had some special events and awesome hats for you, and we have some more planned for you this summer! The program will begin on Monday June 24 and run through July 31 [Party date is August 2nd. Junior Lifeguards [ages 9-16] will be held on Mondays, Tuesdays, and Wednesdays from 8-10am. Mini guards [ages 6-8] will meet from 8-9:30 on Fridays.

Weekly Themes:

- Week 1 - pictures
- Week 2 - Patriotic week
- Week 3 - Sun Protection Week
- Week 4 - Pirates & Mermaids swim / run event
- Week 5- Christmas in July
- Week 6 - JG Finale & JG Party on August 2

Sea Girt Junior Lifeguards are the Lifeguards of the Future. They work tirelessly all summer to learn about the ocean & rip currents, how to use lifeguard equipment, and train to compete against Junior Lifeguards all over the country. We work hard to educate our Junior Lifeguards about drowning prevention, sun protection, and the importance of beach safety. Each year Sea Girt sends a dominant team to the National Lifeguard Championships held the first week of August. This year the competition will be held in Virginia Beach on August 7th! Last year in Virginia Beach, we had multiple Junior Guards compete between the C division all the way to the U-19 level. We took home LOTS of medals, but more importantly our Junior Lifeguards had a BLAST!

Registration is live on www.seagirtbeachpatrol.org -->Junior Lifeguards Tab. Here you will also find more information regarding special events, calendar, and tournament dates.

Sea Girt Surf SCHOOL 2.0.1.9

Session 1 - July 13, 14, 20, 21

Session 2 - July 27, 28 & August 3,4

Session 3 - August 5-8

Session 4 - Small Session time TBA

Session 5 - Afternoon sessions

www.seagirtbeachpatrol.org

Lead Instructor: Gary Finnigan

- Has Been teaching surf lessons for 15 years.
- Currently judge for Amateur and Professional Eastern surf contests.
- Former ESA Surf Competitor
- Surfing since age 8, taught by his father who is now in the NJ surfing Hall of Fame
- Global Surf experience



Sea Girt Junior Lifeguards



SUMMER 2★0★1★9

www.seagirtbeachpatrol.org

Join us June
24-July 31

SEA GIRT IRON GUARD EVENT: Who is the “beast of the beach?” each age group will compete an iron guard course (swim, paddle, run) prizes & fun! Bring your friends

JG Beach Night: Join us for a family fun evening for pizza & prizes on the beach! Bring your favorite raft for our JG Raft Race!

Pirates vs Mermaids: Come dressed as a pirate or a mermaid for a parade along the boardwalk. After, we will run down the beach & swim back [distances will vary]

Christmas in July: Who will be named the best Surfing Santa?! Also, which Age Group will have the BEST DECORATED Lifeguard Stand?

Picture Day