

SEA  
GIRT



JUNIOR  
LIFEGUARDS

The Sea Girt Junior Lifeguards program is gearing up for summer of 2020! & Registration is LIVE! We have some special events, awesome gear, and more planned for you this summer! The program will begin on Monday June 22nd and run through July 31st. 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. Each program will meet on Chicago Blvd.

**Weekly Themes:**

- Week 1 - picture day [Tuesday June 23]
- Week 2 - Patriotic week
- Week 3 - Sun Protection Week
- Week 4 - MONSTER MASH swim / run event [Wednesday July 15]
- Week 5- BEAST OF THE BEACH - JG Iron Guard event [individual or relays]
- Week 6 - JG Finale & JG Party on July 31

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 on South Padre Island, TX on August 5<sup>th</sup>! 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](http://www.seagirtbeachpatrol.org) -->Junior Lifeguards Tab. Here you will also find more information regarding special events, calendar, and tournament dates.

# Sea Girt Surf SCHOOL 2.0.2.0

## 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

Session 1 - July 11, 12, 18, 19th  
Session 2 - July 25, 26 & August 1,2  
Session 3 - August 3-6

[www.seagirtbeachpatrol.org](http://www.seagirtbeachpatrol.org)



# Sea Girt Junior Lifeguards



## SUMMER 2★0★2★0

[www.seagirtbeachpatrol.org](http://www.seagirtbeachpatrol.org)

Join us June  
22-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!

**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!

**MONSTER MASH:** 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]

**SUN PROTECTION:** We work with the John Wayne Foundation to provide our JGs & Mini Guards with tools to protect their skin!

Picture Day

SEA  
GIRT



JUNIOR  
LIFEGUARDS

**JUNIOR LIFEGUARD PROGRAM: \$150** BEGINS ON JUNE 22 THROUGH JULY 29. OUR PARTY WILL BE ON FRIDAY JULY 31ST. WE WILL MEET ON MONDAYS, TUESDAYS, AND WEDNESDAYS ON CHICAGO BLVD. FROM 8-10AM AGE GROUPS: A (14+), B(12-13), C (9-11)

**MINI LIFEGUARD PROGRAM: \$70** BEGINS ON JULY 10TH. WILL BE HELD ON THE FOLLOWING FRIDAYS; JULY 10, 17, 24, 31. WITH OUR PARTY ON FRIDAY JULY 31ST. WE MEET ON CHICAGO BLVD. THIS PROGRAM IS FOR AGES 6-8

**IRON GUARD PROGRAM: \$100** BEGINS ON FRIDAY JUNE 26TH FROM 10-11AM. THIS PROGRAM WILL RUN ON FRIDAYS JUNE 26, JULY 10, 17, 24, 31, AND THE WEEK PRIOR TO USLA NATIONAL CHAMPIONSHIPS