

City of Los Angeles  
Department of Recreation and Parks



## Junior Lifeguard

**Age Groups:**  
**Juniors: 9 – 13yrs**  
**Seniors: 14–17yrs**

### CONTACT US

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### Driven By The Mission of Aquatics

The Junior Lifeguard Program is offered to participants ages 9 through 17 years old. Junior Lifeguards are introduced to skills which are a basis of Lifeguard Training for the City of Los Angeles. The Training includes Lifeguard Skills, Water Safety, Hands on CPR, First Aid, Emergency Response, Small Crafts, Swim Lesson Assisting, Volunteerism, Open Water Swimming, Paddle Boarding, Canoeing, Kayaking and Snorkeling.

## Program Dates

June 16, 2025 – August 15, 2025

Monday – Friday

Time varies per facility

Duration: 1 hour per day



### Registration \*

Year-Round Pools starts on  
April 26, 2025 (25 max participants)

Seasonal Pools starts on  
June 8, 2025 (20 max participants)

Time: 9:00 am

\***ONLINE** at [LaParks.org](https://laparks.org) & In-Person\*



## Requirements

Complete a 100 yard Swim

## Program Cost\*

- \$50

\*Limited Scholarships Available\*

## What's Included

- Uniform: T-Shirt and Shorts



## Field Trips\*

- Cabrillo Beach
- Hansen Dam

\*Transportation is Provided\*

For More Information:

