

Lieutenant, Captain, & Cadet Program



Is your Junior Lifeguard ready for more?

- * Is your son or daughter 11 years or older?
- * Are they ready for a challenge?
- * Are they interested in advancing through the ranks of Junior Lifeguards by becoming a Lieutenant, Captain, Cadet, and Explorer?

If the answer is YES, then we encourage you to consider the JG Lieutenant, Captain, and Cadet Program.

LIEUTENANT, CAPTAIN, & CADET TRYOUTS ARE ON THE FIRST DAY OF CLASS @ 9:30 AM for morning session or 1:30 PM for afternoon session AT LIFEGUARD HEADQUARTERS

For questions or more information, please call (949) 361-8261

Lieutenant Requirements:

- * Must be 11 by the 1st day of class
- * Completed one session of JG's
- * Pier Swim in 19 minutes or less
- * Complete one mile run
- * Complete jump from pier

Captain Requirements:

- * Must be 12 by the 1st day of class
- * Completed one session as Lieutenant
- * Pier Swim in 17 minutes or less
- * Complete one mile run
- * Complete jump from pier

Cadet Requirements:

- * Must be 14 by the 1st day of class
- * Completed one session as a Lieutenant or Captain
- * Must complete the pier swim in 15 minutes or less
- * Complete one mile run
- * Complete jump from pier

Explorer Requirements:

- * Must be 14 by the 1st day of class
- * Must have completed 8th grade
- * Must be a Lt., Capt., or Cadet

ALL Ranks must attend Thursday training classes (see schedule below)

Only ONE Thursday may be missed per session or rank is removed.

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Mon/Tue/Wed/Fri:

Attend regular Junior Lifeguard classes and times

Thursdays:

9:00 AM - 12:00 PM:

Lieutenants, Captains, and Cadets meet at JG Garage

1:00 PM

Cadet meeting

1:00 PM - 4:00 PM:

Cadets train in towers

(No Class July 4th)