



Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS
Qualcomm Sports, Fitness & Aquatics Complex
BE A PART OF IT!



JR LIFEGUARD PREP ACADEMY AGES 7-18



12:00–1:00 P.M.

The Jr. Lifeguard Prep Academy is designed to help your child reach their goal of becoming a San Diego county Jr Lifeguard by preparing them for the Jr. Guard tryout. Encinitas beach lifeguard and longtime competitive swimmer Sydney Hammerness will work to develop proper stroke technique and endurance utilizing drills both in and out of the pool.

- Participants are expected to be able to swim 2 lengths of the pool freestyle without assistance on the first day.

THINGS TO BRING TO CLASS:

Swimsuit
Goggles
Cap
Tennis Shoes
Water Bottle

Details:

6:1 ratio
1 hour sessions

SESSION 1:

February 26, March 5, 19, 26

SESSION 2:

April 2, 9, 23, 30

SESSION 3:

May 7, 14, 21, 28

Per Session Price: \$160; JCC Member Per Session Price: \$130



Please complete and turn it in to the Aquatics Office, if you have any questions, please feel free to contact Mary Cotner at maryc@lfjcc.org or 858-362-1127.

Lifeguard Prep (Ages 7–18)

Return with payment to:

Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS
4126 Executive Drive • La Jolla, CA 92037-1348

Attention: Mary Cotner • **Mail check payable to:** Lawrence Family JCC

WE APOLOGIZE IN ADVANCE, BUT WE HAVE A NO PRO-RATED PRICE AND NO REFUND POLICY.
NO MAKEUPS AND SESSION CANCELLATIONS MUST BE MADE AT LEAST 48 HOURS IN ADVANCE. THANK YOU.

Date Registered: _____

Parent's Information

Mother's Name _____ Father's Name _____

Address _____ City/State/Zip _____

Home Phone _____ Cel. Phone _____ Work Phone _____

E-mail _____ JCC Member? ☐ Yes ☐ No

Per Session Price: \$160; JCC Member Per Session Price: \$130

Swimmer's Information

Swimmer's Name _____ Age _____

Things to Bring to Class: Swimsuit, Goggles, Cap, Tennis Shoes. Water Bottle

Wavier: Participation in any activity and use of any recreational facility involves a risk of accidental injury despite all safety precautions. Having been informed of the activities to be conducted by the Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS, I/we as an individual or as a parent or guardian of the participants named herein, assume all risk and hazards incidental to the activity, and release from responsibility and agree to indemnify and hold harmless the JCC, it's officers, directors, independent contractors, volunteers and all employees for any illness or injury to me or my children or family members, occurring during his/her/our participation in any activity or use of a recreational facility at or conducted by the JCC.

Parent's Signature _____ Date _____

Emergency Contact _____ Phone _____

Payment Method: ☐ Check * ☐ VISA * ☐ MasterCard * ☐ Discover **Amount Enclosed \$** _____ **Reciept #:** _____

Card # _____ Exp. Date _____ CCV Code: _____

Parent's Signature _____ Received By _____

