





***Please thoroughly read this document as it pertains important information to prepare you for your upcoming session. (3 pages)***

Dear Parents,

Welcome to Carlsbad State Junior Lifeguards 2025. Below are important dates and times to note. Please visit our website for any information not specified in the following pages. If you are a first year Jr. Guard a Swim test is MANDATORY. Please visit our website for upcoming test dates.

[https://www.parks.ca.gov/?page\\_id=29893](https://www.parks.ca.gov/?page_id=29893)

**Session 3AM: July 28<sup>th</sup>- August 15<sup>th</sup>**  
**Monday-Friday, 8:30am-11:30am**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 28</b> <b>First Day!</b> 	<b>29</b>	<b>30</b>	<b>31</b>	<b>August 1</b>  <b>Cookie Day</b>
<b>4</b>	<b>5</b> <b>Picture Day</b>	<b>6</b> <b>Guacamole Day</b> 	<b>7</b>	<b>8</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>  <b>Last Day/ Hawaiian Day</b>

All these activities are voluntary. Do not feel obligated to go out and purchase anything. The goal is to encourage Junior Guards to bring their favorite homemade goodies to enjoy at the beach with friends. Junior Guards will still participate in normal activities on these days; however, some time will be allotted for sharing the goodies potluck style.

**Cookie Day:** Junior Guards are welcome to bring their favorite HOMEMADE cookie (or dessert) to share with their group. 1 dozen is plenty, have fun and be creative!

**Picture Day:** Will be first thing after roll call. Please arrive in navy suit and Teal T-shirt and or Rash guard. There will be no make up pictures.

**Guacamole Day:** Junior Guards are welcome to bring a small container of HOMEMADE guac or salsa. Chips will be provided.

**Patriotic Day:** Junior guards are encouraged to wear RED, WHITE, and BLUE! Normal uniform is NOT required, regular appropriate beach wear is encouraged (be advised normal JG activities will occur).

## **General Information**

**Uniform Sales- Thursday June 12<sup>th</sup> 4:30-6pm or Monday July 7<sup>th</sup> 10-11am.**

**WE WILL NOT BE SELLING OUTSIDE OF THESE TIMES.** We only except CASH or CHECKS. **NO CREDIT CARDS.** Please try and make it to the uniform sale, it does help to bring your Junior Guard to try on items. **If you are unable to attend uniform sales, you may purchase uniforms on the first day. Please arrive 30 minutes early to do so.**

**Address:** South Carlsbad State Beach, Encinitas, CA 92024

Junior Guard Office in the South Ponto parking lot, by the restrooms.

**\*Mandatory Uniform Items\*:** navy suit, red JG rash guard and/or red JG t-shirt

**Assistants:** Navy suit and Yellow T-shirt and rash guard.

**Prices:** \$10 T-shirt, \$30 Trunks, \$32 Girls suits, \$22 Sweatshirt, \$20 Rash Guard, \$10 Ball cap.

**Please try and make it to the uniform sale,** it does help to bring your Junior Guard to try on items. If you are unable to attend uniform sales, you may purchase uniforms on the first day. Please arrive 30 minutes early to do so.

**Drop off and pick up:** **Address:** South Carlsbad State Beach, Encinitas, CA 92024

At the Junior Guard Office in the South Ponto parking lot, by the restrooms.

**AM session starts at 8:30am. Drop off 8-8:30am. Pick up at 11:30am**

You will be issued a parking pass at uniform sales or Day 1. Place it on the dashboard of the driver's side. If you do not place it visibly on the dashboard, you could be issued a parking ticket. State Parks does not run the parking lot. If you are ticketed, we cannot do anything about it. The parking pass is only good for the hours your child is at Junior Guards. Please DRIVE SLOWLY! **\*No drop off or pick up in the dirt lot located behind the beach \***

**What to Bring:**

**Uniform:** Required daily navy suit/trunks, junior guard t-shirt or rash guard. Additional items to consider hat, sweatshirt, sunglasses, sandals. Please mark all your belongings with sharpie.

**Miscellaneous:** lunch/snack, water, sunscreen, towel.

**Equipment:** Junior Guards are encouraged to bring fins. We have body boards and surfboards to use during free swim. No hard top surfboards allowed. Our lost and found items are in the bin located at the beach.

**Things to note:**

**Cell phones:** Should only be used in case of an emergency. Cell phones need to stay in their backpacks, please remind your Junior Guard.

**Early pickup:** To pick up your child early, you will need to personally contact their instructor on the beach and pick them up from their group.

**Allergies/medications:** Please notify your child's instructor if your child has any allergies or medications they should know about.

**Sick:** Please do not bring your sick child to Junior Guards. Keep them home to rest and recover. You do not need to contact us if your child is sick.

**Attendance:** Is taken at the start and end of each day.

**Lost & Found:** Located on the beach by the equipment bin, and available to look through during session hours.

We are looking forward to a great first session with you all,

Katlin Mackle

CA State Parks Lifeguard (P.I.) / Carlsbad & Torrey Pines Junior Lifeguards Coordinator

