

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

Dear Parents,

Welcome to Torrey Pines 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=28575](https://www.parks.ca.gov/?page_id=28575)

**First Session: June 9<sup>th</sup>- June 27<sup>th</sup>**  
**Monday-Friday 9am-2pm.**

Monday	Tuesday	Wednesday	Thursday	Friday
June 9  First Day!	10 Block the Blaze Lecture @ 10am	11	12	13  Cookie Day
16	17 Picture Day	18 Guacamole Day 	19	20
23	24	25  Competition day	26	27  Hawaiian Day

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

**Competition Day:** We will be holding an inner squad competition. This day will include a handful of traditional lifeguard surf racing events. Parents feel free to come support for the day, the first event will begin roughly at 9:30am. \*regular drop off/ pick up times\*

**Hawaiian Day:** Junior guards are encouraged to wear "Hawaiian attire", break out those hula skirts and Hawaiian shirts. Normal uniform is not required, regular appropriate beach wear is accepted.

## **General Information:**

**Uniform Sales- Wednesday May 28th 5-7pm** Located at the Junior Guard Office. Cross streets are Carmel Valley Road and McGonigle. The office is located in the North Torrey Pines parking lot in the North/ East corner. **This is where you will drop off and pick up your Junior Guards.** Address: 1800 McGonigle Rd, San Diego, CA 92014.

**WE WILL NOT BE SELLING OUTSIDE OF THESE TIMES.**

We only except **CASH** or **CHECKS**. **NO CREDIT CARDS.**

It does help to bring the Junior Guard to try on items.

Please try and make it to the uniform Sale, it is nice to have your child show up day 1 with a uniform. **If you can not make the sale, please arrive 8am on the first day to purchase.**

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

**Mandatory items: Navy suit/ teal JG rash guard and or teal JG t-shirt.**

**All items are final sale. No refunds will be given, only size exchanges will be made.**

**Drop off and pick up:** Address: 1800 McGonigle Rd, San Diego, CA 92014.

**Be on time. Camp starts at 9am. Drop off 8:30-9am. Pick up at 2pm.** You will be issued a pass for your car at the uniform sale. Place it on the dashboard of the driver's side. If you do not have it and you leave your car, you could be issued a parking ticket. We cannot do anything about it. The state does not run the parking lot. The parking pass is only good for the hours your child is at Jr. Guards. **Please DRIVE SLOWLY!**

### **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:** Please pack a lunch/snacks, plenty of 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.

### **Things to note:**

**Participation:** Jr. Guards are to participate in all program activities and group events. We realize they are here to grow their skills and knowledge in the ocean, but failure to take part in group activities may result in being let go from the program.

**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. Jr. Guards will not be released early from the program without a parent present.

**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 session with you all,

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

