

2024 Spring Lake Junior Lifeguard and Mini-Guard Programs

The Borough of Spring Lake is pleased to offer its Junior Guard and Mini Lifeguard programs for the 2024 season.

The Junior Guard Program: offers participants the opportunity to learn about ocean and beach safety and to develop the physical skills of lifeguarding in a structured, safe, and fun environment. Our mission is to help program participants develop the skills and knowledge needed for overall beach safety and personal ocean fitness. Program sessions are led by experienced, dedicated, and highly qualified instructors, who are certified open water lifeguards by the United States Lifesaving Association. The content of sessions will focus on a blend of lifeguarding skill, knowledge of the beach and ocean, physical fitness, and medical aid in the aquatic environment. Program participants also have an opportunity to test their skills and abilities in competition against junior guards from neighboring towns through local junior guard tournaments as well as competitions at the regional and national level.

The Mini Guard Program: is offered as an introductory program for children ages 6-8. Participants will be introduced to ocean and beach safety in a safe, enjoyable environment. Instructors will lead activities with an emphasis on fun and learning.

Age Groupings: please be aware that participants will be grouped by ages based on the USLA national standards for junior guard programs, listed here:

- AA: 16-17
- A: 14-15
- B: 12-13
- C: 9- 11
- Minis: 6-8

For those interested in the AA and A groups, please be aware that their program will have an increased focus on the development of lifeguarding and competition skills.

Registration Information: all program sessions will be staged on the beaches near the Pennsylvania Avenue entrance. The following details the dates, times, and sessions:

- The Junior Guard program will have sessions on Mondays, Wednesdays, and Fridays from 7:30-8:45 AM, beginning June 24 and ending July 26. A more detailed schedule will be pushed out to registrants closer to the program's start date.
- The Mini Guard program will have sessions on Tuesdays from 7:30-8:30 AM, beginning June 25 and ending July 30.

The registration fee for the Junior Guard program is \$200.00. The registration fee for the Mini Guard program is \$75.00. Registration comes with a complimentary program item. Please note: we make great efforts to correctly size the program item for your child, but ordering accurately for large numbers of small children can be challenging.

Registration will be completed through Community Pass. Please contact Borough Hall at (732) 449-0800 if you have any questions.