

2026 Spring Lake Junior Lifeguard Program

The Borough of Spring Lake is pleased to offer its Junior Guard and Mini Lifeguard programs for the 2026 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 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.

Program Schedule: the program runs from June 29 through July 30 with 3-4 practice sessions scheduled each week and tournaments scheduled for Tuesdays/Thursdays. Because many of the children in C-cohort (ages 9-11) still participate in local summer rec programs, we are giving them the choice of practicing from either 7:30-8:30 or 8:30-10:00 AM.

The following will be the practice times for each group:

- Mini-guards and Cs: 7:30-8:30 AM
- Junior Guards (AAs, As, Bs, and Cs): 8:30-10:00 AM

Registration Information: the registration fee will be \$225.00 for either program. 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. Registration will be completed through Community Pass. Please contact Borough Hall at (732) 449-0800 if you have any questions.

2026 Junior and Mini Guard Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
June 29 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	June 30 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 1 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 2 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 3 NO PRACTICE
July 6 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 7 Spring Lake Tournament NO PRACTICE	July 8 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 9 Long Branch Tournament NO PRACTICE	July 10 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00
July 13 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 14 Ocean Grove Tournament NO PRACTICE	July 15 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 16 Belmar Tournament NO PRACTICE	July 17 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00
July 20 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 21 USLA Regionals NO PRACTICE	July 22 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 23 Manasquan NO PRACTICE	July 24 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00 Bring a Family Member Day
July 27 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 28 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 29 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00 Bring a Friend Day	July 30 Minis and Cs 7:30-8:30 Junior Guards 8:30-10:00	July 31 NO PRACTICE