



# How to become a Junior Lifeguard?

## Step 1. Meet the Requirements

- JGs must be 9-17 years old by July 1st, 2025, with no exceptions
- Prospective JGs must pass the JG swim test before registering
  - The tryout standard is 100 Yards under 2 minutes (100 meters under 2:13.2)
  - If your child is nervous about passing the JG tryout, check out our free JG prep class!

## Step 2. Pass the Tryout

- Prospective JGs must pass a tryout at one of the schedule Tryout dates or at a prep class, swim club times will not be accepted
- The JG program has 8 tryouts scheduled from February through May. Check the "Tryouts" page of the JG website for dates and to sign up!
- If you do not live in California year-round, please email us for out-of-state information

## Step 3. Register

- We have partnered with LB Parks, Rec, and Marine for registration. You can sign up for the JG program on the LB RecConnect website.
- Registration Deadlines and session preference information can be found on the "Registration" page of the JG website.