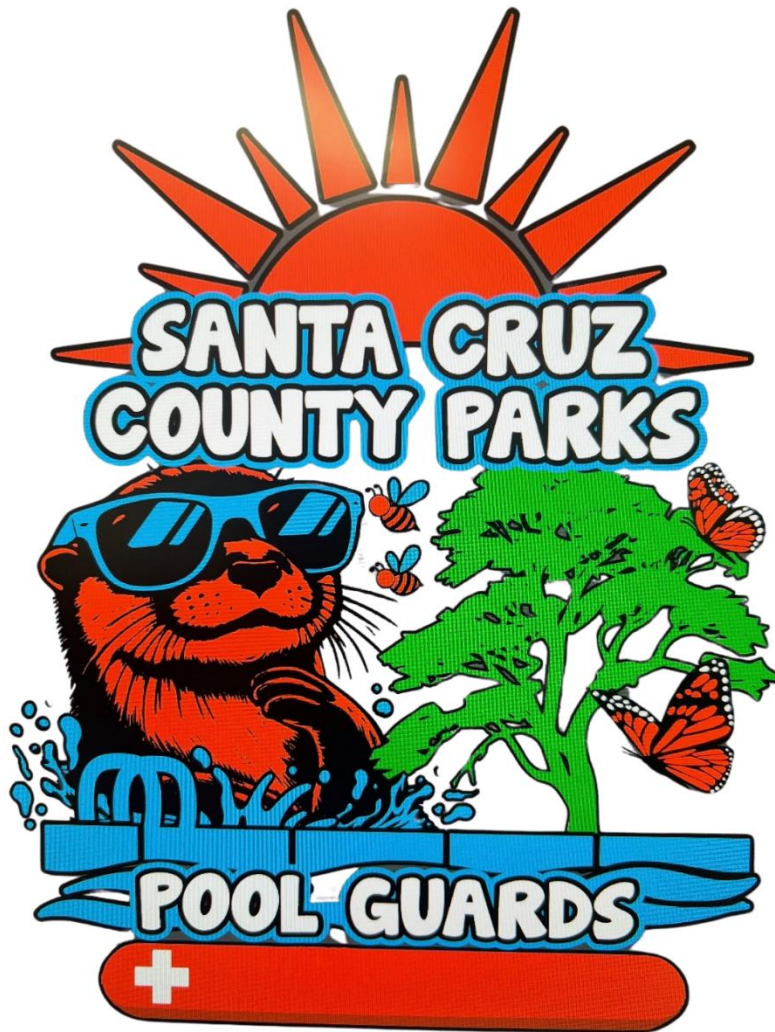




Simpkins Family Swim Center
979 17th Avenue, Santa Cruz, CA 95062
831.454.7953
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Junior Guards

Program Overview and Parent Resource Guide



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Junior Guards Overview

The Santa Cruz County Parks Junior Guards program will provide your child with an understanding of the skills required to become aquatically proficient, emphasizing fun and physical fitness through a variety of activities. Under the supervision of our qualified and experienced instructors, your child will practice the skills necessary to become a successful lifeguard. All the sessions will consist of conditioning, lifeguard instruction, and special activity days. Conditioning will include swimming, running, calisthenics, and team-building games, in addition to other physical activities.

Registration

Registration is available online at scparks.com or by phone. Please note that in-person registration is not available. Due to limited office staffing, phone availability may be limited, so online registration is strongly recommended.

For the exact registration date, please refer to the Junior Guards Fees document.

Waitlist

If the activity is currently full, we encourage you to join the waitlist (free of charge). If a spot becomes available, you will receive an email invitation to enroll. Please note that the invitation will expire after 24 hours.

To avoid missing the email, please check your promotions and spam folders and mark Santa Cruz County Parks emails as "Not Spam" if they appear there.

Prerequisites

Children ages 7 to 13 may participate in the Junior Guards Program.

All participants must successfully pass the Swim Test. The Swim Test is designed to ensure participants have the endurance and skills to safely partake in the program. Participants who cannot meet the swimming requirements for this program may not register for Little Guards.

The following skills must be demonstrated prior to the beginning of instruction on the first day of class:

- i. Swim front crawl (freestyle stroke) with face in the water for 25 yards continuously with rhythmic breathing to the side.
- ii. Tread water for 1 minute using arms and legs.
- iii. Submerge, push off underwater, and swim to the first set of flags (approximately 10 feet)

A parent/guard must remain at Simpkins family Swim Center on the first day of instruction until staff have cleared your child for participation in the program. Instructors will notify you after the skills assessment if your child does not complete the minimum requirement for participation.



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Sessions

A total of 6 sessions are offered. Each session is 3 weeks and is held in the morning or the afternoon on weekdays (Monday through Friday). *Please note that the program will not be held on July 4th in observance of Independence Day. If the holiday falls on a weekend, there will be no program in lieu of the holiday.*

Morning Session:

- Time: 8:30am-1pm
- Check-In: Participants may not arrive earlier than 8:30am.
- Late Departure: Morning session participants may stay for Recreation Swim from 1-3:30pm, free of charge with written approval from a parent/guardian. Please note that after session is out at 1:00pm, no instructor will be present; only general lifeguard/supervisors.

Afternoon Session:

- Time: 2pm-5pm
- Check In: Afternoon session participants may swim prior to the start of their camp session from 1:15pm-1:45pm, Monday-Friday. Please note that before session starts, no instructor will be present; only general lifeguard/supervisors.

To create the best and safest experience for all our campers, each morning session will have a maximum of 100 participants, and each afternoon session will have a maximum of 60 participants.

Fees

You are a nonresident if you live outside of Santa Cruz County; in one of the 4 cities in the County (Santa Cruz, Capitola, Watsonville, Scotts Valley); or in one of the Special Recreation Districts (Alba and La Selva Beach).

A 15% sibling discount is available for any siblings registered in any combination of session(s). Discount applies additional registration(s) of a lower amount.

Cancellation Policy Fees:

- Refunds are not available when your child does not complete prerequisites.
- When requesting to withdraw, the following options are available: More than 3 weeks prior to the start of the program:
 - Withdraw and receive a refund minus a \$50 cancellation fee.
- Less than 3 weeks prior to the start of the program:
 - Withdraw and receive a refund minus 50% cancellation fee.
- If the camp has already started:
 - Credits and Refunds are not available once a camp has started; or if a participant fails to attend a program



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Uniform Requirements

The participant uniform consists of:

- Junior Guard T-Shirt
- Red Athletic Swimsuit
- Closed Toed Athletic Shoes
- Easy slip-on shoes to wear to the pool and in the locker rooms (flip flops, sandals)

A Junior Guard T-Shirt will be provided on the first day of program. Program hoodies, sweatpants, and additional t-shirts will be available for purchase at the Simpkins Family Swim Center front desk.

Daily Necessities

The participant should bring the following each day:

- Uniform (including shirt, swimsuit, and close-toed shoes/Slip-on shoes)
- Lunch and snack
- Goggles and cap (if needed)
- Water bottle
- Sunscreen and sun protection (rash guard, hat, sunglasses, etc.)
- A bag (backpack, tote, etc.)
- Towel

Our priority each day is maintaining safety, while having fun. Bringing goggles, sun protection, and appropriate attire for running and playing allows your Junior Guard to be safe and for them to have as much fun as possible. If your Junior Guard tends to get hungry, make sure to pack extra snacks. Please bring a water bottle! We have a water fountain on sight for your Junior Guard to refill their water.

Mental Preparedness

Junior Guards is a physically and mentally engaging program that requires focus, responsibility, and a positive attitude. Participants should come prepared to follow directions, stay engaged, and put forth their best effort each day.

Participants will be challenged both in and out of the water. Building endurance, learning new skills, and working as a team are key components of the program. Staying calm, thinking critically, and responding appropriately in different situations are important parts of developing water safety and lifeguard readiness skills.

Our staff foster a supportive and inclusive environment through group activities, team-building, and leadership opportunities to help participants feel confident, adjust to the program, and build friendships.



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We encourage parents to talk with their child about:

- Taking responsibility and following directions
- Trying their best, even when challenged
- Being respectful and supportive of others
- Staying calm and focused in the water
- Being open to teamwork and making new friends

Lost and Found

Lost and found items will be held in a bin in the Junior Guard Kiosk until the last day of the session. Please make sure you check the bin every day. We recommend clearly labeling all participants' belongings, as we are not responsible for lost or unattended items.

Drop Off and Pick Up Procedure

Parents, guardians, or another designated adult must present a valid photo ID at check-out.






Drop off and pick up will be at the green gates entrance. If you have children participating in both Junior Guards and Little Guards, please enter through the green gate and check in your Junior Guard at the sig- in table first, then check in your Little Guard at the Little Guard Courtyard.

If approved, participants may check themselves out of the program without a parent or guardian present and leave the facility. Self-checkout approval must be submitted by the participants parent/guardian in writing.

Program Structure

Staff will distribute a weekly calendar each Monday of the session via email. A limited number of printouts will be available at drop-off & pick up. The calendar will provide information on that week's special activities and/or field trips, including important information parents need to be aware of. Program highlights include daily water exercise, kayaking and paddleboard use, and a beach day field trip. An example weekly calendar can be found below:

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
First Day! Hooray! 	Lifeguard Lesson: C.P.R. Demo Day 	Kayak Day 	Felt St. Park Walk 	Relay Day! 
Reminders				
Get ready for 3 weeks of fun!	Make sure to wear your red swimsuit to look rescue ready!	Don't forget your sunscreen!	Bring your running shoes!	Remember to bring your goggles!



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Daily Schedule

Each day your Junior Guard will experience a variety of different activities. As mentioned above we have specialty days such as kayaking, paddleboard, and beach day. Aside from these fun activities we ensure that your child receives a water workout every day. As a team, we try our best to ensure your swimmer gets at least a 40-minute workout, but schedules are subject to change. An example daily schedule can be found below:

AM Schedule	PM Schedule
8:30am-9:00am Check in	1:00pm-1:15pm Check in
9:00am-10:00am Field/Stretches/Group Game	1:15pm-2:00pm Field/Stretches/Group Game
10:00am-10:20am Snack	2:00pm-2:20pm Snack
10:20am-12pm Water Workout	2:20pm-4:30pm Water Work out
12pm-12:30pm Lunch	4:30pm-5:00pm Free Swim
12:30pm-1:00pm Free Play	

Questions?

If you have any questions before your session starts, please email swimcenter@scparks.com or call us: 831-454-7953.

If you have any questions or concerns during your enrolled session, please talk to your program supervisor at the beginning or end of the day.