



Simpkins Family Swim Center
979 17th Avenue, Santa Cruz, CA 95062
831.454.7960
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Junior Guard Clinic

Program Overview and Parent Resource Guide



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Junior Guards Overview

The Santa Cruz County Parks Junior Guard Clinic will provide your child with the understanding of the skills required to pass the Summer Junior Guard Swim Test. Under the supervision of our experienced instructors, your child will practice and work on their comfortability in the water. All sessions will consist of conditioning, stroke development instruction, treading, and general aquatic proficiency. The strokes being worked on are front crawl (freestyle) and breaststroke.

Registration

Registration is available online at scparks.com or by phone. In-person registration is not available at this time. Please see the Junior Guard Clinic Fees document for the exact registration date.

Prerequisites

Children ages 6 ½ to 13 may participate in the Junior Guard Clinic Program.

Sessions

If offered, a minimum of 1 session will be scheduled. The number of sessions to be designated are based off current staff availability. The program will meet every Sunday for 4 weeks within the designated session. Any days that are located on a holiday or equivalent situation will be rescheduled to ensure that the course meets a total of 4 times.

Time(s): 10am-11am || 11am-12pm || 12pm-1pm

Check-In: Please arrive 10 minutes prior to the start of the first class to ensure that the instructors have adequate time to give you the basic understanding of the course, expectations, and answer any questions that you may have. Please be ready to swim.

To create the best and safest experience for all our Junior Guard Clinic participants, each session will have a maximum of 20 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).

Cancellation Policy Fees:

Please plan your schedule carefully to keep transfers and cancellations to a minimum- A \$5.00 fee will be charged when withdrawing from an activity. A \$5.00 processing fee will also be charged for any refunds back to a credit card. Make-up lessons are not available if your child is absent.

3 or more calendar days prior to the start date:

- Transfer to another activity, plus a \$5 transfer fee
- Withdraw and receive a credit to your account or receive a refund, less a \$5 withdraw fee.



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- Credits are valid for one year

2 or less calendar days prior to the start date:

- No refunds back to cards available
- Transfer to another activity, plus a \$5 transfer fee.

If the class or program has already started:

- Credits and Refunds are not available once a class has started; or if a participant fails to attend a program.

Uniform Requirements

The participant uniform consists of:

- Athletic Swim Trunks/Shorts/One Piece
- Goggles
- Towel

Program Structure

Each week, staff will have a designated skill to focus on for each of the participants. On the first day of the program, the Junior Guard Clinic supervisor will distribute a calendar that lists the topics to be covered over the course of the 4 meetings. Possible topics include:

- i. Treading water
- ii. Distance swimming
- iii. Endurance swimming
- iv. And more depending on participant evaluation/experience

Drop Off and Pick Up Procedure

Participants will meet on the bleachers located near the last 3 lanes of the Lap pool. Parents are not required to stay for the entirety of the lesson. If parents are not present 15 minutes after the end of the class, they will be brought to the front reception desk of the facility. If no one is present 2 hours after the child is brought to the font, the Santa Cruz County Sheriff will be called.

Questions?

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