



Simpkins Family Swim Center
979 17th Avenue, Santa Cruz, CA 95062
831.454.7960
swimcenter@scparks.com
scparks.com

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 supervisor 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. In-person registration is not available at this time. Please see the Junior Guards Fees document for the exact registration date.

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.

Sessions

A total of 6 sessions are offered. Each session is held in the morning or the afternoon on weekdays throughout 3 weeks. *Please note, the program will not be held on July 4th in observance of Independence Day.*

Morning Session:

- Time: 9am-1pm
- Check-In: Participants may not arrive earlier than 8:45am.
- 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.



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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.

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:

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

Junior/Little Guards and All Aquatic Camps Refund Policy:

More than 3 weeks prior to start of the program: A \$50 cancellation fee.

Less than 3 weeks prior to start of program: 50% cancellation fee.

After the 2nd day of the program, refunds or credits will not be given

Uniform Requirements

The participant uniform consists of:

- Junior Guard T-Shirt
- Athletic Swim Trunks/Shorts/One Piece
- Closed Toed Athletic Shoes

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.

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, kayak and paddleboard use, and a beach day field trip.



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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 orange gates kiosk entrance. If you have children participating in both Junior Guards and Little Guards, please enter through the orange gate and check in your Junior Guard at the kiosk 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.

Questions?

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