

Lieutenant, Captain, & Cadet Program



Is your son or daughter ready for more?

- * Is your son or daughter 11 years or older?
- * Are they ready for a challenge?
- * Are they interested in advancing through the ranks of Junior Lifeguards by becoming a Lieutenant, Captain, and Cadet?

If the answer is YES, then we encourage you to consider the JG Lieutenant, Captain, and Cadet Program.

LIEUTENANT, CAPTAIN, & CADET TRYOUTS WILL BE HELD THE FIRST DAY OF EACH SESSION AT LIFEGUARD HEADQUARTERS.

AM session tryouts: 9:00AM

PM session tryouts: 1:00PM

Lieutenant Requirements:

- * Must be 11 by the 1st day of class
- * Completed one session of JG's
- * Pier Swim in 19 minutes or less
- * Complete one mile run
- * Complete jump from pier

Captain Requirements:

- * Must be 12 by the 1st day of class
- * Completed one session as Lieutenant
- * Pier Swim in 17 minutes or less
- * Complete one mile run
- * Complete jump from pier

Cadet Requirements:

- * Must be 14 by the 1st day of class
- * Completed both the Lieutenant and Captain programs
- * Must complete the pier swim in 15 minutes or less
- * Complete one mile run
- * Complete jump from pier

ALL Ranks must attend Thursday training classes (see schedule below)

Only ONE Thursday may be missed per session or rank is removed.

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Mon/Tue/Wed/Fri:

Attend regular Junior Lifeguard classes and times

Thursdays:

Lieutenants, Captains, and Cadets meet at HQ with Junior Lifeguard Coordinator for class

1:00 PM - 4:00 PM:

Cadets train in towers