



Pacific Sands Cabana Club

Junior Lifeguard Preparatory Class



“JG Prep” is a 12 class session offered to members and non-members of the Pacific Sands Cabana Club. Each class is geared towards improving swimming skills and building up the conditioning needed to safely participate in a local junior lifeguard program. Our beaches are some of the most dangerous in the world and junior lifeguards need to be prepared! This class will assist new junior lifeguards in meeting the minimum requirements to qualify for one of these programs. This class will also help returning junior lifeguards get in shape for all of the summer’s aquatic activity. Time trials are given during the last practice of every week with the program geared towards improving 100 yard times. Classes will develop efficient freestyle swimming technique, breath control, pacing, endurance and self-confidence.

Session 1	3/5 to 3/30	Monday, Wednesday, Friday 7:00-7:45 PM
Session 2	3/6 to 3/31	Tuesday, Thursday 7:00-7:45 PM and Saturday 7:45-8:30 AM
Session 3	4/9 to 5/4	Monday, Wednesday, Friday 6:00-6:45 PM
Session 4	4/9 to 5/4	Monday, Wednesday, Friday 6:50-7:35 PM
Session 5	4/10 to 5/10	Tuesday, Thursday 6:00-6:45 PM and Saturday 7:45-8:30 AM No classes on Saturday 4/14 or 4/28 due to tryouts.
Session 6	4/10 to 5/10	Tuesday, Thursday 6:50-7:35 PM and Saturday 8:30-9:15 AM No classes on Saturday 4/14 or 4/28 due to tryouts.



Program Director: Cory Tague Contact: penguins.coach@cabanaclubhb.org

Aquatic Background: Cory swam and played water polo at Edison High School, earning All-League, All-CIF, and All-American Honors. Cory went on to swim at California State University Bakersfield where he earned individual and team NCAA championships and was a 17 time All-American. Cory was a California State Parks Lifeguard for 13 years at Huntington and Bolsa Chica State Beaches. During his time as a lifeguard he received the Lifeguard of the Year Award and spent many years working in the junior lifeguard program. Cory was the head swim coach at Edison High School for 5 seasons, where he earned the OC Register Swimming Coach of the Year award, and also at Huntington Beach High School for 3 seasons. Cory is the current head coach of the Pacific Sands Penguins swim team and a teacher at the Orange County School of the Arts.

Qualification Standards:

Huntington City Beach

- Swim 100 yards in under 1:50 (All ages)
- Tread water for 5 minutes.
- Swim underwater 10 yards.

Huntington State Beach

- Swim 100 yards in under 2:10 (9-10 years old)
- 2:00 (11-12 years old)
- 1:50 (13-15 years old)
- Tread water for 5 minutes.
- Swim underwater 10 yards.

Bolsa Chica State Beach

- Swim 100 yards in under 2:20 (9-10 years old)
- 2:10 (11-12 years old)
- 2:00 (13-15 years old)
- Tread water for 5 minutes.
- Swim underwater 10 yards.

Cost: Members \$100/session Non-Members \$150/session Payment is due upon registration. NO REFUNDS.

Parents must complete a Registration/Permission and Emergency Medical Release Form and make payment in full before a participant may enter the water. Please bring your completed form with payment to the Pacific Sands Cabana Club Office (8141 Atlanta Ave., Huntington Beach, CA 92646). For questions regarding space availability, payment or club membership please call the office at 714-536-8091 or email: manager@cabanaclubhb.org

For information about the Junior Guard Preparatory Class or the Pacific Sands Penguins Swim Team, please email: penguins.coach@cabanaclubhb.org