



2017 Junior Lifeguard Conditioning Program



JG Conditioning Program provides training for...

2017 L.A. Co. JG Swim Test and Conditioning Workout for Returning JGs

3 Sessions at Mira Costa High School Pool

Sign-Ups Start January 26th, 2017

Sign-Up by March 10th, 2017

SPACE IS LIMITED - first come, first serve!

Session	Date	Duration	Days	Time	Cost
#1	03/20/17 - 04/06/17	3 weeks	Mon./Tues./Thurs.	5:30-6:30pm	\$140
#2	04/17/17 - 05/04/17	3 weeks	Mon./Tues./Thurs.	5:30-6:30pm	\$140
#3	05/08/17 - 05/18/17	2 weeks	Mon./Tues./Thurs.	4:00-5:00pm	\$100

L.A. Co. Fire Dept. JG Swim Test Dates

(www.fire.lacounty.gov/lifeguard/lifeguard-youth-programs/)

Saturday, April 29th, 2017 – Loyola Marymount University Pool

Saturday, May 14th, 2017 – Culver City Plunge

Sunday May 21st, 2017 – Palisades High School Pool

All participants must be at least 9 years old by July 1, 2017, and are expected to have mastered basic swimming skills. The program is designed to refine basic skills, condition, and improve swimming times. All classes are taught by Mira Costa High School Aquatics Athletes under the supervision of Coach Jon Reichardt. **All proceeds benefit the Mira Costa High School Aquatics Programs.** For more information, go to www.mustangaquatics.org or contact Carrie Cook carriesuttoncook@gmail.com.

SIGN-UP

Complete the information below, enclose with a check made check payable to **MBX Foundation**, and mail to:
Carrie Cook 219 N. Dianthus, Manhattan Beach, CA 90266

Swimmer Name _____ Age _____ Male/Female _____

Parent/Guardian Name _____ Parent Cell # _____

Parent Email (print legibly) _____

Parent/Guardian Signature _____ Date _____

Emergency Contact/Cell # _____

Sessions (circle): #1 #2 #3 ALL Purpose (check one): JG Test Prep _____ Returning JG _____

In consideration of my child's voluntary participation in the Junior Lifeguard Conditioning Program, I, the undersigned parent or guardian of _____ hereby acknowledge and voluntarily assume all risks of bodily injury, personal injury, property damage or wrongful death that may arise out of or in any way connected with this program, and release and discharge the organizers and sponsors of the Junior Lifeguard Conditioning Program as well as the MBX Foundation, Inc. ("Foundation"), their partners, the Manhattan Beach Unified School District ("District") and each of their agents, officers and employees from any and all claims for losses, injuries, damages or liabilities, including personal injury and injury to personal property arising out of or attributable to my child's participation in this event/activity. I acknowledge that my child is in good physical condition for this program. I, for myself, my heirs, executors, administrators assigns, hereby release, waive, discharge and relinquish any action or causes of action, aforesaid, which may hereafter arise for me and for my estate, and agree that under no circumstances will I, or my heirs, executors, administrators, and assigns prosecute, present any claim for personal injury, bodily injury, property damage, or wrongful death against the Manhattan Beach Unified School District, the Mustang Aquatics Boosters, the MBX Foundation, and or any of their officers, employees, or volunteers. This waiver shall not apply to any occurrences that may arise solely out of the negligence of the District, the Foundation, their employees or agents. In the event of illness or injury, I do hereby consent to whatever x-ray examination, anesthetic, medical, surgical or dental diagnoses or treatment and hospital care and emergency transportation considered necessary in the best judgment of the attending physician, surgeon or dentist and performed under the supervision of a member of the medical staff of the hospital or facility furnishing medical or dental services.

FOR OFFICE USE ONLY: Group# _____ Need to Pass _____ Already Passed _____ Check # _____ Cash _____