



2026 Junior Lifeguard Conditioning Program

Train for the 2026 LA County JG Swim Test & condition for returning JG's.

4 sessions at Mira Costa High School pool!
SPACE IS LIMITED —first come, first serve!

Session	Dates	Days	Time	Time	Cost
1	2/17-2/27	2/17, 2/18, 2/20, 2/23, 2/25, 2/27	5:45-6:30PM	5:45-6:30PM	\$200
2	2/29-3/16	2/29, 3/2, 3/4, 3/10, 3/12, 3/16	5:45-6:30PM	5:45-6:30PM	\$200
3	3/20-4/3	3/20, 3/22, 3/26, 3/31, 4/1, 4/3	5:45-6:30PM	5:45-6:30PM	\$200
4	4/6-4/17	4/6, 8/8, 4/10, 4/13, 4/15, 4/17	5:45-6:30PM	5:45-6:30PM	\$200

SIGN-UP

Scan to register online or visit the Costa Swim Booster page on MBX Foundation to sign-up & submit payment.



Spots limited to 60 participants per session!