

## Registration form

First Name

Last Name

Address

City

State  Zip

Day Phone

Cell Phone

Email

Highest Swimming Level completed

Military Command

**THIS FORM MUST BE SIGNED by a parent or guardian.**

I understand that there are various risks associated with my participation in the JR. Lifeguard program including, but not limited to injuries caused by terrain, weather, my personal physical condition, vehicles, other participants and lack of hydration. In consideration of the opportunity to participate in the JR. Lifeguard program, I hereby expressly waive, release, and forever discharge NBVC, it's MWR department, the US Navy, all sponsors and any other individuals or entities connected in any way with this event, from any and all claims for damages and death, personal injury or property damage, or actions of any kind which hereafter accrue to me or to any other person as a result of my participation in this event. The waiver and release shall be binding on my heirs and assignees, and shall run in favor of NBVC, the US Navy and any individuals or entities in any way connected with the aforementioned event.

Signature

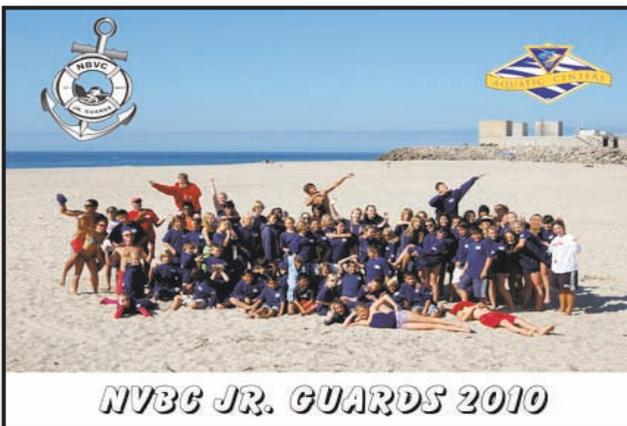
PLEASE PRINT NAME

# Curriculum

- CPR & First Aid
- Rescue & Swimming Skills
- Beach Swimming, Surfing & Safety Skills
- Hands On Lifeguarding Experience
- Emergency Action Plan
- Patron Awareness
- Preventive Lifeguarding
- Lifeguard Fitness Training
- Boat trip to the Channel Islands

## NAVAL BASE VENTURA COUNTY

# JR. LIFEGUARD PROGRAM



**NVBC JR. GUARDS 2010**





By participating in the 2011 JR. Lifeguard program I hereby give Navy Morale, Welfare, and Recreation, Navy Region Southwest, Navy, their agents and employees, and commercial sponsors of this event, if any, the right and permission to use, reuse, and/ or publish photographic, audio, and video graphic materials of me while participating in the 2011 NBVC JR. Lifeguard Program.

Questions or concerns about this policy should be directed to the MWR Marketing Dept.  
(805) 982-5395 or (805) 982-4431

NBVC JR. Lifeguard program is a great way for youths to spend the summer being active & learning new skills. The NBVC JR. Lifeguard Program is for youths 10 & up. Our instructors will introduce students to fundamental lifeguarding skills, including First Aid and CPR, rescue swimming skills, lifeguard fitness training, & more. We offer two 3-week sessions that correspond with other programs throughout the county thus allowing the NBVC JR. Lifeguards to compete in Jr. Guard competitions that put new skills to the test.

Enrollment includes transportation to and from competitions only. It is the responsibility of the parent or guardian to drop off & pick up children at the Mugu beach. Included in your registration fee is a T-shirt, & swim suit.

For questions please Call the  
NBVC MWR Aquatics Department.

**(805) 982 - 4752**  
**(805) 989 - 7788**

NBVC JR. Lifeguard program offers two sessions to choose from. Each session is three weeks long and includes a day trip to one of the Channel Islands.

(Day trip not included in your registration fee)

Session dates for 2010 are:

**Session 1: June 20 - July 8**

**Session 2: July 18 - August 5**

**Programs run Monday - Friday 0900 - 1400**

### **Cost per session**

**Dependent: \$150.00**

**DoD: \$170.00**

**Sponsored Guest: \$190.00**

### **Sign up for both sessions & save!**

**Dependent: \$ 260.00**

**DoD: \$ 300.00**

**Sponsored Guest: \$ 340.00**

**Ask about multi-child discounts  
you could save up to 50%**

