



# TOWN OF EAST HAMPTON

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JOHN J. RYAN Jr.  
CHIEF LIFEGUARD

## The 2022 Junior Lifeguard Program

(Our 30<sup>th</sup> Year)

At

Indian Wells, Atlantic Ave & Kirk Park Ocean Beaches

**Saturdays & Sundays**

**9:00 am to 10:30 am**

**June 25 & 26, July 2 & 3, July 9 & 10, July 16 & 17**

**July 23 & 24, July 30 & July 31, Aug 6 & Aug 7**

We will end our Program with our  
**30<sup>th</sup> Annual Junior Lifeguard Tournament**

on

**Saturday & Sunday, Aug 6 & Aug 7 from 8:00 am to 2:00 pm**

### Age Groups

(as of 7/1/22)

**Ages 9, 10 & 11 - Boys & Girls**

**Ages 12, 13 & 14, 15 - Boys & Girls**

**Ages 9 - 15 - Boys & Girls**

**IndianWells Ocean Beach**

**Atlantic Avenues Ocean Beach**

**Kirk Park Ocean Beach**

**All Junior Lifeguards will:**

**Sign –up by register online Please Go to - [ehamptonny.gov](http://ehamptonny.gov) Fee \$90**

**Receive a Junior Lifeguard T-Shirt & Rash Guard Shirt after the program begins.**

**All NEW & RETURNING Junior Lifeguards need to pass the RECenter Swim Test**

**RECenter Swim Test:** Age 9, 10, 11, or 12 100 yards freestyle under 2:15 & 200 yards paced swim.

Age 13, 14 or 15 150 yards freestyle under 3:10 & 300 yards paced swim.

**Ocean Swim Test:** This Test will be done on the 1<sup>st</sup> day a new Junior Lifeguard attends our Summer Program

**Goals & Objectives of our Program:**

1. To have fun while we learn more about our ocean and water environments
2. To provide training in water safety and ocean beach swimming skills
3. To develop skills in learning to work together as a team
4. To improve the health and fitness of our youth
5. To help teach youngsters courtesy, respect for authority, discipline, and good sportsmanship
6. To develop potential lifeguards - if you learn to save others, you also learn how to save yourself.

(Over Please)

## **Rules and Guidelines**

### **For the Parents:**

1. We need your cooperation and help to make this program a good experience for your child. Encourage your child to do their best and praise their efforts. Get them to each session on time and don't allow them to miss a day for frivolous reasons. Please feel free to call us with any concerns and/or questions.
2. **If you do not have a Resident Town of East Hampton Parking Sticker you can only park at Indian Wells , Atlantic Avenue or Kirk Park Ocean Beaches from 9:00 am to 11:00 am.**
3. Bad Weather - Rough Water: The program will run except when it is raining HEAVILY. We will not run the Program if we see Lightning or hear Thunder. Rough water provides excellent understanding of the ocean currents. In heavy surf conditions, water activities will be restricted. We will increase our land activities.

### **For the Junior Lifeguards:**

1. Attendance: Be on time with all your gear. Check in with your group leader as soon as you arrive. Place your gear in the designated area. Personal gear should be marked with your name on the items.
2. Do not leave the area or your group without telling your lifeguard leader - this includes going to the bathroom, parents picking you up early, etc.
3. We will use the "buddy" system in the water in the water. This means stay close to your "buddy". Talk and encourage each other. Enter and leave the water together. If your "buddy" is absent ask your lifeguard leader to get you a temporary replacement for that day
4. Exhibit attitudes of good sportsmanship in all competitive events. Be honest, fair, and above all have fun as you improve your skills. Encourage and support your fellow Junior Lifeguards.
5. We will use the "buddy" system cleaning up the instructional equipment and area. Follow directions when it is time to switch activities and move quickly to the next area.
6. During the week practice the swimming and water skills that you have been taught. Try to do a distance run and swim 1 or 2 times during the week to improve your conditioning. When you do a distance swim go beyond the break area and swim parallel to the shore. Swim with a Non-tiring Stroke. Do this with a "buddy".

### **Program Director**

**John J. Ryan Jr.**  
324-2417(W)

### **Program Coordinator**

**John J. Ryan Sr.**  
324-2787(H) 267-6938(W)