

Capitola Junior Lifeguards  
Summer 2016 Session I  
Week 4 Newsletter



**Monday, July 4:**

- There is no program today. Enjoy the holiday!

**Wednesday, July 6:**

- **Little Guards Competition (ages 6-8) at Capitola Beach.**
- **ALL** Little Guards (AM & PM) will be at the beach from 9 a.m. – 3 p.m. Be at the beach and ready to go by 9 a.m.
- **There is NO transport to and from Camp Capitola today.**
- If your child is enrolled in both Camp and Guards, you must decide if you want your child to attend the competition, in which case you have to pick him or her up at 3:00 at the beach, or if you want your child to stay at Camp all day. If you want your child to stay at Camp, please contact Catherine, Camp Coordinator, at 475-3294 or [cgross@ci.capitola.ca.us](mailto:cgross@ci.capitola.ca.us). You should also let your child's Junior Guard instructors know that he or she will not be at the beach.
- **NOTE: There is NO program for Junior Guards ages 9 & up today.** If your child is enrolled in both Camp and Guards, you have the option of having your child come to Camp all day. If you want to do that, please contact Catherine, Camp Coordinator, at 475-3294 or [cgross@ci.capitola.ca.us](mailto:cgross@ci.capitola.ca.us).

**Thursday, July 7:**

- **Junior Guard Competition (ages 9 & up) at Capitola Beach.**
- **ALL** Junior Guards (AM & PM, ages 9 & up) will be at the beach from 9 a.m. – 4 p.m. Be at the beach and ready to go by 9 a.m.
- **There is NO transport to and from Camp Capitola today.**
- If your child is enrolled in both Camp and Guards, you must decide if you want your child to attend the competition, in which case you have to pick him or her up at 4:00 at the beach, or if you want your child to stay at Camp all day. If you want your child to stay at Camp, please contact Catherine, Camp Coordinator, at 475-3294 or [cgross@ci.capitola.ca.us](mailto:cgross@ci.capitola.ca.us). You should also let your child's Junior Guard instructors know that he or she will not be at the beach.
- **NOTE: There is NO program for Little Guards (ages 6-8) today.** If your child is enrolled in both Camp and Guards, you have the option of having your child come to Camp all day. If you want to do that, please contact Catherine, Camp Coordinator, at 475-3294 or at [cgross@ci.capitola.ca.us](mailto:cgross@ci.capitola.ca.us).