





# Summer 2025 Schedule

## Capitola Junior Lifeguards

### Session 1: June 9 – July 3, 2025



| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday |
|---------|---|--|---|---|---|----------|
| June 01 | June 02   | June 03  | June 04   | June 05<br>5-7pm<br>JG Kickoff Party<br>504 Bay Ave<br>Capitola Ca 95010  | June 06   | June 07  |
| June 08 | June 09<br><br><b>Session 1 Begins</b><br><br><b>Check in Swims<br/>Beach Orientation</b> | June 10<br><br>Little Guard<br>Ocean Education<br>& Intro to Surf<br><br>Junior Guard Intro to<br>Lifesaving Devices Identifying<br>Victims in Distress                    | June 11   | June 12<br><br>Little Guard<br>Intro to Lifesaving<br>Devises<br><br>Junior Guard Intro<br>to Lifesaving<br>Equipment | June 13<br><i>All Guards Receive<br/>Shirts &amp; Patches</i><br><b>Picture Day</b><br><b>AM Group @<br/>10am</b><br><br><b>PM Group @ 2pm</b><br>Capitola Beach | June 12  |
| June 15 | June 16<br>All AM<br>Tide Talk  | June 17<br>Low tide Walk (all AM divisions)<br>Block the Blaze 10am<br>Block the Blaze 2pm   | June 18<br><br>PM Tide Talk   | June 19<br><b>Holiday City is<br/>Closed</b>  | June 20<br>Low Tide Walk<br>(all PM divisions)  | June 21  |
| June 22 | June 23<br><br>Little Buddy Day<br>Inter-Division<br>Workout<br>+<br>Games                | June 24<br><br><b>AM &amp; PM<br/>Little Guard</b><br>Competition at<br>Capitola Beach<br>9 am – 3 pm<br><br><i>No Junior Guard program<br/>(ages 9 &amp; up) this day</i> | June 25<br><br><b>C's, B's, A's,<br/>&amp; AA's</b><br>Competition at<br>Capitola Beach<br>9 am – 4 pm<br><br><i>No Little Guard<br/>program (ages 6-<br/>8) this day</i> | June 26   | June 27<br><br>Team Tola<br>Food Truck Friday<br><br>722<br>Monterey Ave<br>Monterey Park   | June 28  |

|         |                            |  |   |   |  |        |
|---------|----------------------------|--|---|---|--|--------|
| June 29 | June 30                    | July 1                                       | July 2  | July 3  | July 4   | July 5 |
|         | M<br>E<br>G<br>A           | Army Kids Littles<br>Raft War &<br>D-Day JGs | Zinka Contest<br>12am-1pm   | <b>Morning Guards<br/>10am-12pm</b><br><b>Afternoon Guards<br/>1pm-3pm</b><br>LG check-out Swim<br><b>Awards Ceremony<br/>Monterey Park<br/>6:00 pm</b> | 4 <sup>th</sup> of July Mega<br><br><b>NO PROGRAM<br/>TODAY</b> |        |
|         | M<br>O<br>N<br>D<br>A<br>Y |  | Community Event,<br>Family Wharf Swim<br>Capitola Wharf<br>4:30pm |   |  |        |

**June 05: JG Kickoff Party All sessions 504 Bay Ave Capitola Ca 95010**

**June 09:** Session 1 Begins

**June 13:** All Guards receive patches.

**June 13:** All Guards receive shirts & patches. Picture Day. AM group 11 am, PM group 2pm (All Guards Regular schedule)

**June 24: 9am-3pm, Capitola Beach Competition for Little Guards ONLY (6-8yrs).**

*No Junior Guard program (ages 9 & up) this day.*

**June 25: 9am-4pm Capitola Beach Competition for AA, A's, B's, C's (9-18 yrs.).**

*No Little Guard program (ages 6-8) this day.*

**June 27:** Food Truck Friday 722 Monterey Ave, Capitola Ca 95010 (Monterey Park)

**July 2:** Community Event, Family Wharf Swim at 4:30pm


**July 3: Morning Guards 10am – 12pm afternoons 1pm-3pm** Little Guard check-out swim about 10:45 for AM group and 1:45 pm for PM group. Award Ceremony at Monterey Park 5:30 pm (Bring chairs)

**July 4: NO Program, Happy 4<sup>th</sup> of July**



## Capitola Junior Lifeguards Session 2: July 7 – Aug 1, 2025



| Sunday | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|--------|---|---|--|---|--|---|
|        | July 7<br><br><b>Session 2 Begins</b>               | July 8<br>Regionals Tryout                                    | July 9<br>Block the Blaze 10 am<br>Block the Blaze 2pm   | July 10<br><b>Tentative</b> at Blacks 12-2<br><br>Regionals Practice  | July 11<br><br><b>Picture Day</b><br>All Guards Receive Shirts<br>AM group 10am<br>PM group 2pm<br><i>(Regular schedule)</i><br>All Guards Receive Shirts & patches<br>Capitola Beach Regionals tryouts<br><b>July 12 JG Alumni Competition</b><br>4pm-Sunset | July 12<br><br><b>45<sup>th</sup> Anniversary Competition</b><br>0830-1300<br><br><b>45<sup>th</sup> Anniversary Celebration</b><br>TBD |
|        | July 14<br><br>Flag day at SC city<br>Kiwi Exchange | July 15<br>Low tide walk (all m groups)<br>Regionals practice | July 16<br><b>AM &amp; PM Little Guards</b> (6-8yr)<br>NORCALs Competition<br>at Santa Cruz<br>9 am – 3 pm<br><i>(Regular schedule for other groups)</i> | July 17<br><b>C's, B's, A's, &amp; AA's NORCALs</b><br>Competition<br>at Santa Cruz<br>9 am – 4 pm<br><i>(Regular schedule for Little Guards)</i> | July 18<br><br>Regionals Practice  |   |
|        | July 21   | July 22<br><br>Regionals Practice                             | July 23  | July 24<br><br>Regionals Practice   | July 25<br><br><b>Regionals Competition</b><br><b>**For those from session 1 invited to attend by JG Instructor**</b><br><i>(Regular schedule for those not attending)</i>   |   |

|  |         |         |         |         |  |  |
|--|---------|---------|---------|---------|--|--|
|  | July 28 | July 29 | July 30 | July 31 | August 1<br><b>Morning Guards</b><br><b>10am-12pm</b><br><b>Afternoon Guards</b><br><b>1pm-3pm</b><br>LG check-out Swim<br><b>Awards Ceremony</b><br>Monterey Park 5:30 pm |  |
|--|---------|---------|---------|---------|--|--|

**July 8:** Session 2 Begins

**July 10:** All Guards receive Patches.

**July 11:** All Guards Receive Shirts & Patches. Picture Day. AM group 11am, PM group 2pm (All Guards Regular schedule)

**July 12:** Alumni Competition

**July 16:** 9am–3 pm, Santa Cruz Comp at Main Beach, Little Guards ONLY (6-8 yrs.). Regular schedule for other groups.

**July 17:** 9am-4pm, Santa Cruz Competition at Main Beach for AA's, A's, B's C's. Regular schedule for Little Guards.

**July 25:** Regional competition at Newport Beach. Regular schedule for all guards not invited to Regional Comp.

**Aug 1:** Little Guard check-out swim about 10:45am for AM group and 1:45 pm for PM group. Award Ceremony at Monterey St Park 6:00pm (Bring chairs)

**Aug 7<sup>th</sup>:** Nationals