





Summer 2026 Schedule Capitola Junior Lifeguards Session 1: June 8 – July 2, 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 31	June 01	June 02	June 03	June 04 Parents Club Kickoff party 5-7 pm 816 Bay Ave D, Capitola, CA Rise Collective	June 05	June 06
June 07	June 08 Session 1 Begins Check in Swims Beach Orientation	June 09 Little Guard Ocean Education & Intro to Surf Junior Guard Intro to Lifesaving Devises Identifying Victims in Distress	June 10 E-Bike and Bike safety talk	June 11 Little Guard Intro to Lifesaving Devises Junior Guard Intro to Lifesaving Equipment	June 12 <i>All Guards Receive Shirts & Patches</i> Picture Day AM Group @ 10am  PM Group @ 2pm Capitola Beach	June 13
June 14	June 15	June 16	June 17	June 18	June 19 Juneteenth No program	June 20
June 21	June 22 Little Buddy Day Inter-Division Workout + Games	June 23 AM & PM Little Guard Competition at Capitola Beach 9 am – 3 pm <i>No Junior Guard program (ages 9 & up) this day</i>	June 24 C's, B's, A's, & AA's Competition at Capitola Beach 9 am – 4 pm <i>No Little Guard program (ages 6- 8) this day</i>	June 25	June 26 Regionals Tryout	June 27

June 28	June 29 M E G A M O N D A Y	June 30 Army Kids Littles Raft War & D-Day JGs	July 1 Zinka Contest 12am-1pm	July 2 Morning Guards 10am-12pm Afternoon Guards 1pm-3pm LG check-out Swim Awards Ceremony Jade St Park 5:30 pm	July 3 No Program 4th of July Observed	July 4 4 th of July Mega 
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Important Dates:

June 04: JG Kickoff Party All sessions 816 Bay Ave D, Capitola, CA 95010

June 08: Session 1 Begins

June 07: E-Bike and Bike safety talk

June 12: All Guards receive shirts & patches. Picture Day. AM group 11 am, PM group 2pm (All Guards Regular schedule)

June 23: 9am-3pm, Capitola Beach Competition for Little Guards ONLY (6-8yrs). *No Junior Guard program (ages 9 & up) this day.*

June 24: 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.*

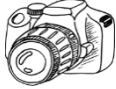
July 2: Morning Guards 10am – 12pm afternoons 1pm-3pm Little Guard check-out swim about 10:45 for AM group and 1:45 pm for PM group. Award Ceremony at Jade St 5:30 pm (Bring chairs)

July 3: NO Program, Happy 4th of July



**Capitola Junior Lifeguards
Session 2: July 6 – July 31, 2026**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 5	July 6 Session 2 Begins	July 7 E-Bike safety Talk Cap PD	July 8	July 9 Community Event, Family Wharf Swim Capitola Wharf 4:30pm	July 10 <i>All Guards Receive Shirts & Patches</i> Picture Day AM Group @ 10am  PM Group @ 2pm Capitola Beach Regional Tryout	July 11 Alumni & Parent Comp 9am -1pm
July 12	July 13	July 14 Regionals practice	July 15 AM & PM Little Guards (6-8yr) NORCALs Competition at Santa Cruz 9 am – 3 pm <i>(Regular schedule for other groups)</i>	July 16 C's, B's, A's, & AA's NORCALs Competition at Santa Cruz 9 am – 4 pm <i>(Regular schedule for Little Guards)</i>	July 17 Regionals Practice	July 18
July 19	July 20	July 21 Regionals Practice	July 22 Regionals Practice	July 23	July 24 Regionals Competition TBD Location **For those from session 1 invited to attend by JG Instructor** <i>Regular schedule for those not attending</i>	July 25
July 26	July 27	July 28	July 29	July 30	July 31 Morning Guards 10am-12pm Afternoon Guards 1pm-3pm LG check-out Swim Awards Ceremony Jade St 6:00 pm	August 1

Important Dates:

July 6: Session 2 Begins

July 7: E-Bike and Bike safety talk

July 9: Community Event, Family Wharf Swim at 4:30pm

July 10: All Guards Receive Shirts & Patches. Picture Day. AM group 11am, PM group 2pm (All Guards Regular schedule)

July 11: Alumni Competition 9am to 1pm at Hooper Beach Capitola

July 15: 9am–3 pm, Santa Cruz Comp at Main Beach, Little Guards ONLY (6-8 yrs.). Regular schedule for other groups.

July 16: 9am-4pm, Santa Cruz Competition at Main Beach for AA's, A's, B's C's. Regular schedule for Little Guards.

July 24: Regional competition at TBD. Regular schedule for all guards not invited to Regional Comp.

July 31: Little Guard check-out swim about 10:45am for AM group and 1:45 pm for PM group. Award Ceremony at Jade St Park 6:00pm (Bring chairs)

Aug 4th: Nationals Ft. Lauderdale, Florida