



City of Long Beach Junior Lifeguard Program



Qualifying Times

C Group- 10-11 year olds 100 yards (4 laps) of freestyle in 1:45

B Group- 12-13 year olds 150 yards (6 laps) of freestyle in 2:35

A Group- 14-15 year olds 200 yards (8 laps) of freestyle in 3:45

All Junior Lifeguards must tread water in 11 feet of water for a minimum of 1 minute.