



Pompano Beach Junior Lifeguard Summer Camp

A unique aquatic experience for boys and girls ages 9 to 17

Tryouts – New Applicants Only

New applicants are required to complete a physical skills test consisting of:

- 1. 150 Yard Swim:** there will be no stopping at the walls; each candidate must swim continually the entire distance under 5 minutes.
- 2. Tread water:** 3 minutes in the deep end of the pool.
- 3. Swim under water:** 5 yards holding your breath.

Upon successful completion of the test, participants may register at the Pompano Beach Aquatics Center (see below). You cannot register at the Houston/Sworn Pool.

JG Grommets Camp

Introduction to Ocean Awareness boys and girls ages 7 and 8

Tryouts – All Applicants

JG Grommets are required to complete a 50 yard swim in a swimming pool (No time limit).

Upon successful completion of the test, participants may register at the Pompano Beach Aquatics Center (see below). You cannot register at the Houston/Sworn Pool.

Testing Dates (all age groups)

Sat, 4-25-15	4:30 p.m. – 6:00 p.m.	Pompano Beach Aquatics Center
Sat, 5-2-15	4:30 p.m. – 6:00 p.m.	Pompano Beach Aquatics Center
Sat, 5-9-15	4:30 p.m. – 6:00 p.m.	Pompano Beach Aquatics Center
Sat, 5-16-15	3:00 p.m. – 5:00 p.m.	Houston/Sworn Aquatics Center
Mon, 5-18-15	6:00 p.m.	Pompano Beach Aquatics Center
Sat, 5-23-15	4:30 p.m. – 6:00 p.m.	Pompano Beach Aquatics Center
Sat, 5-30-15	4:30 p.m. – 6:00 p.m.	Pompano Beach Aquatics Center

**Aquatics Center located behind (north of)
Pompano Beach Emma Lou Olson Civic Center
1801 NE 6th St. Pompano Beach, FL 33060
For more information contact us at juniorguards@copbfl.com**