

 Channel Coast Junior Lifeguard Calendar 2024: July 8<sup>th</sup> to August 2<sup>nd</sup> 

Program Location: El Capitan State Beach

Dates in red are days we will not be at El Capitan!

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| <p>July 8<sup>th</sup></p>  <p>Orientation Day and Introduction to Equipment!</p> | <p>July 9<sup>th</sup></p>  <p>Waves &amp; Proper Surfing Techniques</p>     | <p>July 10<sup>th</sup></p>  <p>Local Ecology &amp; Watersheds</p>          | <p>July 11<sup>th</sup></p>  <p>Local History &amp; Native Plants/Animals</p> | <p>July 12<sup>th</sup></p>  <p>Gaviota Beach Day!</p>                         |
| <p>July 15<sup>th</sup></p>  <p>Into to First Aid</p>                            | <p>July 16<sup>th</sup></p>  <p>Goleta Beach Pier Jump</p>                  | <p>July 17<sup>th</sup></p>  <p>The Channel</p>                            | <p>July 18<sup>th</sup></p>  <p>Kayak and Boating Safety</p>                 | <p>July 19<sup>th</sup></p>  <p>East Beach Comp</p>                           |
| <p>July 22<sup>nd</sup></p>  <p>Major Medicals and Block the Blaze</p>          | <p>July 23<sup>rd</sup></p>  <p>Sandcastle Comp<br/>Bodysurf Comp</p>      | <p>July 24<sup>th</sup></p>  <p>Snorkeling Day 1</p>                      | <p>July 25<sup>th</sup></p>  <p>Duties of a Lifeguard</p>                  | <p>July 26<sup>th</sup></p>  <p>Jalama Day Surf Competition</p>              |
| <p>July 29<sup>th</sup></p>  <p>Snorkeling Day 2</p>                            | <p>July 30<sup>th</sup></p>  <p>Natural Disasters-<br/>The Environment</p> | <p>July 31<sup>st</sup></p>  <p>Rescue Techniques and Lifeguard Tools</p> | <p>August 1<sup>st</sup></p>  <p>Fun Comp/Bunker Ball Tournament!</p>       | <p>August 2<sup>nd</sup></p>  <p>Patch Swim!<br/>End of Session Banquet!</p> |