



**COUNTY OF LOS ANGELES  
DEPARTMENT OF PARKS AND RECREATION**

**Application for Jr. Lifeguard Program Assistant Instructor**

This form must be completed and returned by March 15th, 2020

**Name:** \_\_\_\_\_ **Session you want:** \_\_\_\_\_

- Age 16 before 1st Session- June 15th 2020 2nd session July 13th 2020
- A minimum of 3 years experience as a Junior Lifeguard at the lake you wish to participate.
- Current First-Aid and CPR certification through the American Red Cross - or American Heart
- Complete a 500 yard swim under 12 minutes and tread water for 3 minutes

**Who** are you? – Experiences with JGs, Sports, School, etc..


**Why** you want to be an Assistant Instructor for the Jr. Lifeguard Program?


**What** expectations you have as an Assistant Instructor.


Signature \_\_\_\_\_  
Email \_\_\_\_\_

Date: \_\_\_\_\_  
Phone \_\_\_\_\_

Parent Name and Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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