

# Carpinteria JG's - Week One

Welcome to the first week of JG's!

*Remember, if you have any questions or would like to let Candice know that your son or daughter will be absent please email: [carpjgs@yahoo.com](mailto:carpjgs@yahoo.com) or call/ text: 895-7236*

*All handouts will be online; access is through City of Carpinteria website under Parks and Recreation:*

*[http://www.carpinteria.ca.us/parks\\_rec/Jr%20Guards.shtml](http://www.carpinteria.ca.us/parks_rec/Jr%20Guards.shtml)*

## WEEKLY LECTURE: Skin Protection

### Monday June 21

Beach swim test day! We will give participants an introduction to a typical day of Jr. Guards.

### Tuesday June 22

A's and B's meet at the Carpinteria Community Pool, by 9:30 at the latest, C's meet at the Ash Ave. beach. At 11 AM A's and B's will leave the pool and all head back to Ash beach together. Feel free to bring bikes or skateboards, **with a helmet!** Parents pick A's, B's and C's up at Ash Beach.

### Wednesday June 23

Normal day of Jr. Guards

### Thursday June 24

C's meet at Carpinteria Community Pool by 9:30am, at the latest. At 11 AM we'll leave the pool and all head back to Ash beach together. Feel free to bring bikes or skateboards, **with a helmet!** Parents pick A's, B's and C's up at Ash Beach.

### Friday June 25

Today we will be having a lecture on "Skin Protection," the rest of the day will be a normal JG day. Make sure to quiz your child on what they learned this week! At the end of the day we will play games and have free swim!

**Outstanding JG's for week 1 will be announced today!**