

Stan L. Bergman  
Chief



6201 Atlantic Avenue  
Ventnor City New Jersey,  
08406  
(609)823-7953  
Fax (609) 823-8032

## Ventnor City Beach Patrol

### **The V.C.B.P. Junior Lifeguard Program**

**Who:** Our program is for children ages 5-17

**When:** This year we will be breaking up the program into three 4-day groups.

- Mon July 3<sup>rd</sup> – Fri July 7<sup>th</sup> 2023 from 10:30-12:00: Jr. Lifeguards ages 5-9 (NO Jr. Lifeguards on July 4<sup>th</sup>!)

- Mon July 10<sup>th</sup> – Thur. July 13<sup>th</sup> 2023 from 10:30-12:00: Jr. Lifeguards ages 10-14

- Mon July 17<sup>th</sup> - Thurs July 20<sup>th</sup> 2023 from 10:15-12:00: Our **NEW Lifeguard Explorer Program!** Ages **13-17** (see attached for more information!)

**Where:** Ventnor City Beach Patrol Headquarters, Suffolk Avenue and the beach  
(We will not hold the program in thunder/lightning/heavy downpour)

**What:** Our Junior Lifeguard program is designed to educate children on beach and ocean safety. We strive to promote solid interpersonal relationships, build teamwork, and introduce children to the skills required to become a lifeguard. Most of all we want our children to have a fun, safe experience enjoying and learning about the ocean and beach. Each day we will meet at a designated area. We will start with a team stretch, a warm up run and then break into rotating stations. The fourth day of each group (Fri July 7<sup>th</sup> and Thu July 13<sup>th</sup>) will hold the competitions in the beach run, surf dash and beach flags and a BBQ.

**Sign Ups:** Signs ups  
will be ONLINE:



Or at the HQ at Suffolk and the Beach from June 1<sup>st</sup> through July 1<sup>st</sup>.  
The cost is \$15.00 per child (cash or check) and will include a Jr. Lifeguard T-shirt.

**Each Day:** The junior lifeguards should arrive on time each day. Please send your child in a bathing suit with a towel and a labeled water bottle. Children should apply sunscreen before arriving. We are looking forward to another terrific summer!

Stan L. Bergman  
Chief



6201 Atlantic Avenue  
Ventnor City New Jersey,  
08406  
(609)823-7953  
Fax (609) 823-8032

## Ventnor City Beach Patrol

### Lifeguard Explorers Program

**Who:** Teens Ages 13-17 who are interested in:

- Becoming a lifeguard in the future
- Learning more about ocean skills and safety
- Have fun while experiencing some of the duties real lifeguards have on the job

**When:** Monday July 17<sup>th</sup> – Thursday July 20<sup>th</sup> 2023 from 10:30-12:00

**Where:** Suffolk Ave and the Beach, VCBP Headquarters

**What:** The Lifeguard Explorers Program is an opportunity for our teenage group to get some first hand experience on the real life, every day duties of a lifeguard. They will learn how to do several different types of rescues, learn about the rescue tools we use (Can buoys, lifeguard boats, rescue donuts, rescue paddleboards). They will learn about the different components of the ocean that lifeguards look for to keep swimmers safe. They will also have some fun with different relay races, team building activities and friendly competitions. Our goal is to educate about the ocean and the job of a lifeguard, build camaraderie and teamwork and possibly inspire some future lifeguards!

**Sign Ups:** Signs ups will be ONLINE



Or at HQ at Suffolk and the Beach from June 1<sup>st</sup> through July 1<sup>st</sup>.  
The cost is \$15.00 per child (cash or check) and will include a Jr. Lifeguard T-shirt.

**Each Day:** The Lifeguard Explorers should arrive on time each day. Please come in a bathing suit along with a towel and a labeled water bottle. Sunscreen should be applied before arriving. We are excited for this new opportunity for our former junior lifeguards and hopefully future lifeguards!

Stan L. Bergman  
Chief



6201 Atlantic Avenue  
Ventnor City New Jersey,  
08406  
(609)823-7953  
Fax (609) 823-8032

## Ventnor City Beach Patrol

### Junior Lifeguard Registration

Name of Participant: \_\_\_\_\_

(If multiple kids from same family- use on page)

Address: \_\_\_\_\_  
Street City Zip Code

Phone Number: \_\_\_\_\_ Sex: \_\_\_\_\_ Age \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Junior Lifeguard Program: Ages 5-9 \_\_\_\_\_ Ages 10-14 \_\_\_\_\_

Lifeguard Explorers Program: Ages 13-17 \_\_\_\_\_

Person to contact in case of Emergency:

\_\_\_\_\_  
Name Address Phone

I, \_\_\_\_\_, hereby waive any liability as to the City of Ventnor City and its instrumentalities and agents, for any injuries / damages resulting from any/all participants of this program.

Parent (or Legal guardian) signature \_\_\_\_\_

Stan Bergman, Chief

Captains: David Funk, Gary Howarth

Lieutenants:

Patrick Finnerty, Meghan Holland, Dan Schall, Greg Smith