



Spencer Griffin

A Typical Sunday at Junior Lifeguards

“BRING...BRING...BRING...BRING!” I roll out of bed and turn off my alarm clock. Every Sunday morning I can't wait to get to Jones Beach. My mom always drives me. We take the Jeep Wrangler with the top down. The drive to Jones Beach is one of my favorite parts.

I love driving over the bridge and looking at the beautiful blue ocean. You can hear the sound of the waves crashing against the sandy shores. The seagulls soar in the sky. “Finally!” I shout. We are at Jones Beach. When my mom parks I literally jump out of the car and sprint to the bathhouse. I have met so many new people from the program. Some of them have become really close friends. By this time, I walk over to the 14 year old section. We quickly stretch, run, and take attendance. Now is the time I have been waiting for.

The ocean. It's not something to mess around with. The swimmers are the guests to the ocean. We are not the hosts. The waves do not obey us or listen to us. We need to listen to them. I started the program when I was 12. I used to be terrified of the ocean. I was scared that the waves would crash on me. The program helped me overcome this fear. I first learned to dive under the waves and porpoise to help swim faster without getting wiped-out as much.

When I'm in the water I have an amazing time. I learned so much from the lifeguards. I now know how to do a buoy rescue, I know how to paddle board, and I even know how to coil. Junior Lifeguards will always be a part of me. I have so many memories from this program. I look forward to it every Saturday night. I want to become a lifeguard when I grow up because I want to save people's lives.