



Jones Beach Junior Lifeguard Program

Summer Newsletter #1

<https://jbjg.org/>



Welcome Back, Junior Lifeguards!

Sunday marked the exciting start of the 2025 Jones Beach Junior Lifeguard Program, and what a kickoff it was! From the moment our athletes arrived, there was a buzz of energy and enthusiasm in the air. Despite some early precipitation, our junior lifeguards dove right in — literally — working on ocean entries, paddle board handling, and line rescue techniques.

Our instructors were equally energized, bringing passion and focus to every drill and station. It was inspiring to see both returning and new athletes fully engaged and eager to learn. We're looking forward to building on this momentum throughout the summer.

Weather & Safety Protocols

Unfortunately, the weather didn't cooperate on Sunday. Around 9:15AM, lifeguards observed lightning in the area, prompting an early dismissal for our program.

While it is tough to cut practice short, safety is our top priority. We work directly with our the New York State Parks administration at Jones Beach to monitor weather conditions and make real-time decisions to keep everyone safe.

We thank you for your understanding and flexibility. Everyone did an admirable job clearing the beach and meeting your athlete(s) by the seawall in a timely manner.

Important Dates

June

- Wed 25th - JBJG Competition Team Tryouts 4:30 PM @ RM3
- 29th - [Sunday practice](#)

July

- 6th, 13th, 20th & 27 - Sunday Practice
- Wed 16th - Jones Beach Junior Lifeguard Tournament
- Wed 23rd - Junior Lifeguard Mid-Atlantic Regional Championship - Sea Girt, NJ
- Wed 30th - All Women's Lifeguard Tournament - Lido Beach, NY

August

- 3rd & 10th - Sunday Practice
- Wed 6th - USLA Jr. Lifeguard National Championship - Huntington Beach, CA

Jones Beach Junior Guard Tournament

Tournament paperwork is now available on the Jones Beach Junior Lifeguard website. This exciting event brings together junior lifeguards from across Long Island!

- Date: Wednesday, July 16, 2025
- Location: EBHO
- Check-In: Begins at 8:30 a.m.
- Cost: \$20 (check payable to Natural Heritage Trust)

Please submit your entry form as soon as possible. For questions, speak with an instructor.



Reflecting On Our New Attendance Procedure

To streamline the start of each session and ensure athlete safety, this Sunday we implemented a new attendance system. We received positive feedback regarding the signage at our meeting locations for each age group. Those will continue to indicate age group meeting locations each Sunday. Please help your child locate their group and meet their instructors before heading downfront.

As a reminder, attendance is critical. It accounts for all athletes under our coaches supervision. Additionally, all athletes are required to attend at least 50% of scheduled sessions to remain in the program. Failure to meet this requirement will result in the need to re-tryout next year.





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From Junior Guards to Jones Beach Lifeguards!

We are incredibly proud to share that 18 of our Junior Lifeguards have officially joined the Jones Beach Lifeguard Corps as members of the JBLC Class of 2025!

These individuals successfully completed our rigorous new hire exam, which includes a 100-yard pool swim, 50-yard cross-chest carry, $\frac{3}{4}$ -mile run and 400-yard ocean swim.

Following their test, each guard completed 40 hours of paid training, demonstrating perseverance and commitment—during some of the rainiest conditions we've seen.

We're excited to watch them grow in their new roles, and we look forward to seeing many of them return in the future as the next generation of Jones Beach Junior Lifeguard Instructors.



Back row (left to right): Eamon Tonna, Chris Sweeney, Christian Orozovich, Colin Steuber, William Dewitt, James Augustin, Sam Dwyer, Lorenzo Aquilino, Lucas Avni, Cian Bice, Cole Pergan.
Front row (left to right): Farrah Klein, Ciara Bice, Cayden Veit, Hailey Wilcox, Savannah Storbuk, Gwen Serafin, Keira Singer.

Stay safe and stay vigilant class of '25!



Equipment Pick-Up

This week, athletes received their junior lifeguard bag, sweatpants, rash guard, water bottle, and swim cap. If you were unable to pick up an item on Sunday, please check in with the parent committee next week.

Looking ahead, sweatshirts will be distributed during Week 2. Please be sure you know your child's size to help us keep the line moving quickly.

A huge thank you to our volunteer parent committee for their support! Their dedication is the driving force behind our program.



Stay Connected: Communication is Key

Effective communication is essential to the success of our program. We currently use the following platforms to keep families informed:

- Website: www.jbjg.org
- Instagram: @jonesbeachjrguards
- Email: JrLifeguard@parks.ny.gov & juniorshelpers@gmail.com

To ensure you're receiving important updates, we're asking all parents to submit their preferred email address. If you did not complete this on Sunday, please use the QR code below to submit your contact information.

Thank you for helping us stay connected!

