



Jones Beach Junior Lifeguard Program

Spring Newsletter

<https://jbjg.org/>



Welcome Back, Junior Lifeguards, & Families!

As we gear up for another exciting summer, we want to welcome back all our junior lifeguards and their families! Over the winter, our Parent Committee, Lifeguard Operating Board, and the LISP office have been hard at work preparing for the upcoming season.

This newsletter is the first in a series designed to keep you informed with important updates and details throughout the summer.

Paperwork for Returning Junior Lifeguards

All required paperwork for returning Junior Lifeguards is now available at <http://JBJG.org/forms>.

The fee for the 2025 season is \$135.

Required Forms:

- USLA Registration Form
- Registration Form
- Physical Form

To be eligible for the program, returning Junior Lifeguards must submit their completed forms and payment by mail to:

Jones Beach Junior Lifeguard Program
P.O. Box 247
Babylon, NY 11702
ATTN: Meaghan Miller

Important Dates

April

- 7th (on or before) - paperwork posted on jbjg.org

May

- 19th - paperwork & payment due for RETURNING athletes
- 29th - tryouts for NEW athletes (see website for details)

June

- 25th - JBJG Competition Team Tryouts
- 29th - First Sunday practice

July

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

August

- 3rd, 10th & 17th - Sunday Practice sessions
- 6th - USLA Nationals *pending announcement from USLA*

2025 Attendance Policy

Each year, we receive more interest in our program than we can accommodate. To ensure a safe and effective learning environment, we strive to maintain low instructor-to-athlete ratios.

For the 2025 season, we are reintroducing an attendance policy that was in place when our program first began. Athletes must attend at least 50% of the scheduled training sessions to automatically secure a spot for the 2026 season.

If an athlete does not meet the 50% attendance requirement, they will be required to try out again next year to rejoin the program.

We appreciate your commitment and look forward to another fantastic summer on the beach!



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