



REDWOOD PARKS CONSERVANCY

Contact: Taralyn Thomas, taralyn@redwoodparks.org

Cheer on the North Coast Junior Lifeguards as They Graduate Over the Next Month!

CRESCENT CITY, Calif. – Come support the 2023 North Coast Junior Lifeguards as they graduate over the next four Fridays! This California State Parks program, running for the 7th year in Humboldt County and the 3rd year in Del Norte County, offers kids aged 8 through 18 a hands-on education in ocean safety and recreation via one and two week sessions.

Throughout the months of June, July and August, a North Coast Junior Lifeguard begins their day with stretches and an assessment of the ocean's conditions, in preparation for the day's events. Events can include activities like run-swim-runs, buoy swims, boogie boarding, body surfing, surfing, lectures on topics such as lifeguard skills (rescues and first aid), and shoreline games and activities. Each activity is designed to educate the Junior Guard on how to maneuver the ever-changing conditions of the ocean, the importance of a daily workout, and aim to maximize enjoyment of living along the coast.

Thanks to the success of the Junior Lifeguards program here on the North Coast, a total of 13 instructors this season are former Junior Lifeguards themselves. Four hundred kids from our community will become Junior Lifeguards just this season alone!

As the 2023 program comes to a close, graduation ceremonies will be held over the next month and the public is invited to come cheer on the Junior Lifeguards as they demonstrate their new skills on the following days:

- Friday, July 21st, Trinidad State Beach, 11am - 1pm
- Friday, July 28th, Trinidad State Beach, 11am - 1pm
- Friday, August 11th, Crescent Beach, 11am - 1pm
- Friday, August 18th, Crescent Beach, 11am - 1pm

Families that are interested in participating in this program next year can visit [the official North Coast Junior Lifeguards page on California State Parks website here](#) for more information.



1111 SECOND STREET, CRESCENT CITY CA, 95531 | 707-464-9150.

WWW.REDWOODPARKSCONSERVANCY.ORG