

June 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <b>JG Begins!</b> C-(8-11:45am) B-(1-4:45pm) 100M/tread	4 A- first day (8-11:45am) 100M/tread	5 Lectures C's: 1 B's: 1	6 Lectures A's: 1	7 8am pictures ☺ A/B/C (8-11:45)	8
9	10 Lectures: C-7 B- 7	11 A- 7	12 Lectures: C- 3 B-3	13 Lectures: A's: 4, practice Jetty jump in pool,	14 A/B/C (8-11:45) ☺ 8am pictures ☺ BBQ	15
16	17 Lectures: C's: Wildlife zoo 10am B's: 4	18 Lectures: A: 3	19 Lectures: C's: 4 B's: Wildlife zoo 2pm	20 Lectures: A's: Wildlife zoo at 10am	21 A/B/C (8-11:45) ☺ 8am pictures ☺	22
23	24 Lectures: C's:5 B's:5	25 A- 4	26 C -2, 6 B's: 2, 6	27 A -	28 A/B/C (8-11:45) ☺ 8am pictures ☺	29

**Lectures:**

1. **Block the Blaze**
2. **Radio traffic**
3. **Lifeguard daily routine/ healthy lifestyle**
4. **Lifeguard training, scanning, buoy and hand signals, whistling, currents, beach safety video**
5. **CPR/ First Aid**
6. **Shadow Guarding**
7. **USLA Lifeguard Techniques**
8. **A's Jetty Jump**

## July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lectures: C's: 2, 6 B -	2 Lectures: A's:5	3 NO JG	4 NO JG	5 A/B/C (8-11:45) ☹ 8am pictures ☹	6
7	8 C - B -	9 Lectures: A's: 2, 6	10 Lectures: C's:2, 6 B's:2, 6	11 A -Matagorda	12 A/B/C (8-11:45) ☹ 8am pictures ☹ LAST DAY	13
14	15 JG National Workout 7-9AM	16 JG National Workout 7-9AM	17 JG National Workout 7-9AM	18 JG National Workout 7-9AM	19 GULF COAST COMPETITION!!	20
21	22 JG National Workout 7-9AM	23 JG National Workout 7-9AM	24 JG National Workout 7-9AM	25 JG National Workout 7-9AM	26	27
28	29 JG National Workout 7-9AM	30 JG National Workout 7-9AM	31 JG National Workout 7-9AM	1 JG National Workout 7-9AM		

### Contacts and codes

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August 8<sup>th</sup>: Start of nationals

Lectures:

Block the Blaze  
Radio Traffic  
Lifeguard Daily Routine/Healthy Lifestyle  
Lifeguard training, scanning, buoy and hand signals,  
whistling, currents (Beach Safety vid)  
CPR/ First Aid  
Shadow Guarding  
USLA Lifeguard Techniques  
A's only Jetty Jump

