



## **THE GOALS OF THE PROGRAM ARE:**

1- To provide water safety skills while challenging participants with the “waterman” skills: swimming, running, paddling and lifesavings.

2- To provide an educational and recreational environment lead by experienced coaches and high school students to instruct young people on how to handle themselves safely in a variety of ocean situations.

3- To educate participants (CPR/First Aid) in the skills necessary to help others (family members and/or friends) in an emergency situation while building self confidence.

## **LOGISTICS:**

- June: 6/13-6/18
- August: 8/8- 8/12
- **Time:** : 9-12 pm
- **Price: \$300/5 days. \*Includes CPR certification**
- **Coverage:** 1 coach, 1 HS mentor, 1 Junior mentor/6 participants
- **Location:** 2<sup>nd</sup> Street lifeguard tower, Hermosa Beach

BRING SUNBLOCK, WATER, GOOGLES, SWIM CAP, **WETSUIT**

\*\* Participants must be water-safe, able to swim 25 yards of freestyle unassisted.

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(describe your child age and swim level)

VOLUNTEER OCEAN COMMUNITY  
MENTORING PROGRAM



501 (c)(3) EIN # 83-3749584.