



### 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.

**CONTACT ROMI:** 310-623-0912 | [rominacaristo@gmail.com](mailto:rominacaristo@gmail.com)  
(describe your child age and swim level)

VOLUNTEER OCEAN COMMUNITY  
MENTORING PROGRAM



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



## SUNDAY FREE PROGRAM

### Water Safety, Swimming, Running, Paddle Boarding

Starting June 5th, 2022- August 14th



**EMPOWERING**  
*youth*

- Intermediate level: 8-9am

Need to be able to swim pass the break

- Beginner level: 9-9:45am

Mentors will help with water safety

**LOCATION:** 2<sup>nd</sup> Street lifeguard tower, Hermosa Beach

**CONTACT:** Romi at [rominacaristo@gmail.com](mailto:rominacaristo@gmail.com) or  
310-623-0912 to request waivers and link to the sign up.

La Bella Napoli Takeout:  
23906 Crenshaw Blvd, Torrance, CA 90505