

Sea Bright Junior Lifeguard Program

Frequently Asked Questions

How old does my child have to be to participate?

- Participants for Sea Bright Junior Guards must be at least 7 years old, and up to 16-years-old. We separate Junior Guards into 3 groups, according to age and ability. Our older JGs are excellent role models for our new members!

How much does the Junior Lifeguard program cost?

- Sessions are \$250. Payment will be made during registration via this website. The price includes a 2023 SBJG rash guard.

How long is each session? What is the schedule like?

- We hold four one-week-long sessions through the end of July (session dates provided during registration). Junior Guards will complete a variety of activities both in the water and on land from 9 to 12 Monday through Friday. The schedule remains the same from session to session, all ending with a tournament-style “showcase”.

Is there a swim test?

- Yes! We require all Junior Guard participants to be able to swim for 5 minutes, unassisted, in the ocean with moderate conditions. Please, keep in mind that the Junior Lifeguard program is NOT a swim lesson program. Your child must already be a strong swimmer to participate in our programs. Children that do not pass our swim test on day one will not be able to participate in Junior Guards.

Is there a uniform?

- Yes! We require all Junior Guards to wear a red SBJG rash guard. This is mandatory and for the safety of all our participants. The price of registration includes a rash guard.

I have another question that isn't listed here! What can I do?

- Contact the Junior Lifeguard Coordinator, Bella Bulhoses! You can reach her by email juniorguards@seabright.org or by calling the beach office (732) 351-4700.