

Rain or shine we are always on time.



Bring: Goggles, sweatshirt, swimsuit, and a smile. :)

Puma Aquatics

2025 JG Boot Camp Session 1  
FIRST PHASE - BUILD THE FISH

**Mission:** To help refine and strengthen aspiring Junior Lifeguards swim skills through swim drills/workouts, stretching, and calisthenics to help them pass the swim test for their respective Junior Guard programs (i.e., Pismo Beach, Avila Beach, Morro Bay, Cayucos), and go into the summer with confidence.

Dear parents,

Summer is just around the corner, and you know what that means: **Junior Lifeguards** is about to start. Each year children hear from their friends how amazing the Junior Lifeguard programs are here on the Central Coast, and they want to join. Unfortunately, due to their busy school schedules and lack of swim training, many children trying out for the first time fall short of the time required for the 4-length pool swim.

In 2009, Phill "The Flying Fish" Toriello (Avila Beach Jr. Lifeguard Instructor) created the JG Boot Camp series to help children prepare both mentally and physically for their tryouts. Due to the success and popularity of the program over the years, Phillip Toriello and Coach Jud Clark of Puma Aquatics are offering the **11th Annual JG Boot Camp**. This year's first session will be held 4 days a week in order to fine tune and develop your child's freestyle swim stroke and confidence in the water.

In addition to helping your child successfully pass their Junior Lifeguard Minimum Swim Safety Standard with confidence, JG Boot Camp strives to introduce your child to the amazing world of aquatics and all that it has to offer.

**So don't hesitate! Sign your child up today so he/she can look forward to a fantastic summer on the beach.**

Phill "The Flying Fish" Toriello - *ABJG EDOS*

**Prerequisites for Participation:**

Please note that children **must be 8 years** old and **MUST BE ABLE SWIM 2-LENGTHS OF THE POOL W/out STOPPING.**

**Schedule and Times:**

20 classes **BEGINNING** on Monday, FEB. 17 & **ENDING** on MARCH 21st

This Camp will focus on the **FIRST PHASE - BUILD THE FISH**

**Cost 20 Classes:**  
**\$300**

**JGBC I Camp Includes:**

- 30 Hours of core safety and swim instruction,
- Team Building Activities (Underwater Hockey, Modified H2O Polo, etc.),
- Emphasis on Technique and Drills for maximum efficiency

**LOCATION**

**SLO: KENNEDY CLUB FITNESS ON TANK FARM**  
MEETS ON MONDAYS, WEDNESDAYS, THURSDAYS  
& FRIDAYS  
**FROM 5:30 - 7PM**

**SPACE IS LIMITED, SO SIGN UP TODAY!**

**FOR MORE INFORMATION**  
Email  
**ContactABJGS@gmail.com**

**PLEASE NOTE THAT THIS PROGRAM DOES NOT GUARANTEE THAT YOUR CHILD WILL PASS THE TEST.**

In addition to the following information, all participants will need to complete an additional Liability Release Waiver/s.

**Boot Camp Student's Name:**  **Age**  **Allergies/Asthma?**

**Trying out for** (please circle one): Morro Bay Avila Beach Pismo Beach Cayucos

**Email**  **Phone #**

**How did you hear about JG Boot Camp?** Friend JGBootCamp.com Puma JG Program Other

**Parent's Name**  **Parent's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

## 2025 JG Boot Camp

### Express Assumption of Risk Agreement and Release of Liability and Indemnity Agreement

I, the Guest, on my own behalf, and behalf of all others who are listed as Guests under this Agreement, including my minor children, and my and their personal representatives, assigns, successors, heirs, and next of kin, (hereinafter collectively referred to as the "Guests"), acknowledge and agree that the use of the facilities, services, equipment or premises of Puma Aquatics Swim Club and Kennedy Club Fitness (the Club) by any of the Guests involves risk of injury to persons and property, and the Guests assume full responsibility for such risks for myself/themselves. The Guests agree and acknowledge that I/they have entered into the Agreement for use of the Club's facilities, services, equipment, or premises primarily for recreational purposes and not to use any specific piece of equipment or training methodology. In consideration of being permitted to enter the Club's facilities for any purpose, including, but not limited to, observation, use of facilities, services, or equipment, or participation in any way, the Guests agree to the following: the Guests are authorized to, and do hereby release and hold the Club, its and their directors, officers, parents, subsidiaries, employees, members, managers, independent contractors, and agents harmless from all liability to all the Guests, and any of my/their personal representatives, assigns, heirs and next of kin for any loss or damage sustained by any of the Guests. The Guests hereby waive any claim or demands therefore based on, or on account of, any injury or death to any of the Guests and property damages sustained by any of the Guests, whether caused by the active or passive negligence of the Club or otherwise, while any of the Guests is in, upon, or about the the Club's premises, or while using the Club's facilities, services, or equipment or while participating in any Club activity at any location.

This Express Assumption of Risk Agreement and Release of Liability and Indemnity Agreement (the "Release"), includes, but is not limited to, claims based on the following: the Club's improper maintenance of its equipment (mechanical or otherwise), grounds or facilities, negligent instruction or supervision, including personal training, or inadequate security or staffing, the Guests' use of the Club's facilities, services, or equipment, and/or slipping or tripping anywhere in or about the Club or any location in which the Club operates, including, but not limited to public facilities. Such facilities include, but are not limited to: exercise equipment, exercise rooms, weight rooms, locker rooms, sidewalks, parking lots, stairs, pool, whirlpool, spa, sauna, steam room, tennis/ racquet/squash courts, bathrooms, or lobby area. Such risk of injury includes, but is not limited to injuries arising from the participation by any of the Guests, or others in supervised or unsupervised activities at the Club, injuries and medical disorders, including, but not limited to death, heart attacks, strokes, heat stress, sprains, broken bones, and injured muscles and ligaments, among others, arising from exercising, any recreational use of any of the Club's facilities, or otherwise, or while participating in any of the Club's programs, classes, or activities, and accidental injuries occurring anywhere in or about the Club, including its dressing rooms, showers and other facilities.

The Guests also agree to indemnify and hold Puma Aquatics Swim Club and the Club harmless from any loss, liability, damage or cost that the Club may incur due to the presence of any of the Guests in, upon, or about the Club's premises or in any way observing or using any of the Club's facilities, services or equipment, whether caused by a Guest's negligence or otherwise. The Guests further expressly agree that the Release is intended to be as broad and as inclusive as permitted by the law of the state of California, and that if any portion of the foregoing Release is held invalid by a court of law, then that portion shall be deemed stricken and it is agreed that the remainder of the Release shall continue in full force and effect without the invalid portion.

On behalf of the Guests, I acknowledge that I have carefully read this Release and fully understand that it is a release of liability, and express assumption of risk and indemnity agreement. I am aware and agree that by executing this Release, I, and all of the Guests are giving up any rights I or any and all of the Guests may have to bring a legal action or assert a claim against Puma Aquatics Swim Club and the Club for its active or passive negligence, or for any defective product on its premises.

I represent that I have the actual authority to, and do hereby enter into this Release on my behalf and as an authorized agent, or parent or legal guardian for all of the Guests. I have read and voluntarily signed this Release and I further agree that no oral representations, statements or inducement apart from the foregoing Release have been made to me.

Date: \_\_\_\_\_ Parent's Name \_\_\_\_\_ Parent's Signature \_\_\_\_\_

(Print)

Minor's/s Name/s: \_\_\_\_\_ & \_\_\_\_\_ Relationship to Signatory: \_\_\_\_\_

Witness Name: \_\_\_\_\_ Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_