

2026 Refugio Junior Lifeguard Calendar

Session 2 | July 13 to July 31

** The dates in **RED** will not be held at Refugio State Beach **

July 13	July 14	July 15	July 16	July 17
<p>Welcome to Refugio</p> 	<p>Bodysurfing and Water Entries</p> 	<p>Basic First Aid</p> 	<p>Lifeguard Equipment and Rescue Techniques</p> 	<p>Gaviota Beach Day and Wind Caves Hike</p> 
July 20	July 21	July 22	July 23	July 24
<p>Rescue Review & Chart Reading (swell & tide)</p> 	<p>Major Medicals</p> 	<p>Goleta Beach and Pier Jump</p> 	<p>Environmental Emergencies and Climate Change</p> 	<p>Local, State Parks and Lifeguard History</p> 
July 27	July 28	July 29	July 30	July 31
<p>Jalama Beach Day</p> 	<p>Duties of a Lifeguard</p> 	<p>Refugio Beach Comp</p> 	<p>Bunker Ball</p> 	<p>Sticker Swim and End of Session Banquet</p> 

Please review your email on file with the Refugio Junior Lifeguard Program for information about our field trip days. Information will be provided at least 3 program days before the field trip.