

2022 ^{JR.} LIFEGUARD INVITATIONAL

VIRGINIA BEACH OCEANFRONT | JULY 13-14



**CALLING ALL USLA
JUNIOR GUARD PROGRAMS!**

Wednesday, July 13th, 7^{pm} - 10^{pm}

Experience Beach Flags *“Under the Lights!”*

Thursday, July 14th, 9^{am} - 3^{pm}

Test your swim, paddle, and run skills against
JGS from up and down the East Coast!

Gain valuable experience for the **USLA Junior Guard National Championships**
coming to Virginia Beach, August 9th, 2023!

Head to vblaguards.org/junior-guards or
scan the QR code for more information

