



JR.

LAKE

LIFEGUARDS



2026

JR. LIFEGUARD

PROGRAM

PARENT
ORIENTATION



COUNTY OF LOS ANGELES DEPARTMENT OF PARKS AND RECREATION



WELCOME *to* ***Santa Fe Dam*** ***Recreational Area***

Address:

15501 Arrow Hwy, Irwindale, CA, 91706



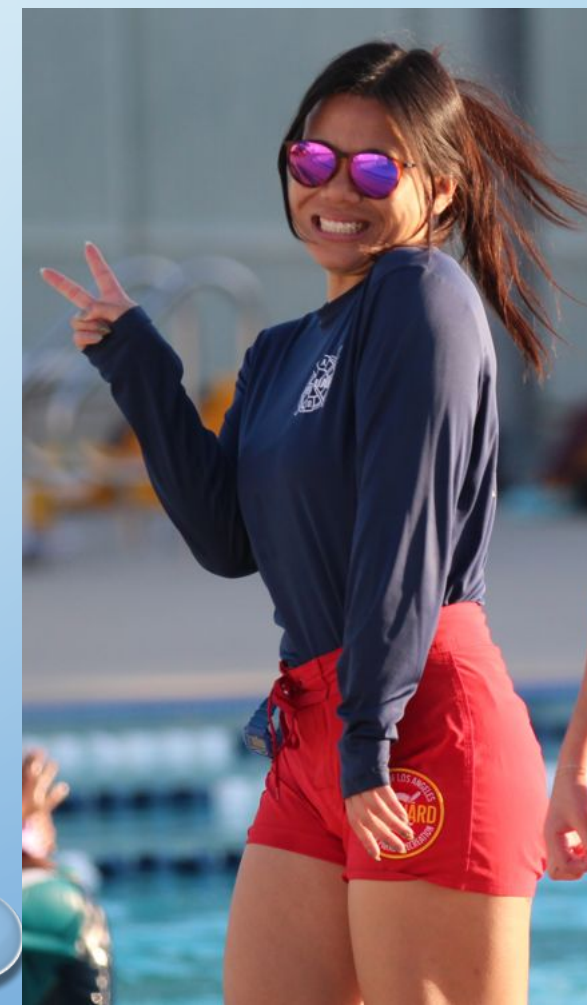


Meet the Staff



Program Director
Brittany Orduño

**Program
Co-Coordinator**
Christy Lam





Program Co-Coordinator Justin Schotborgh



Instructors
Travis Pang
Eldred Hou
Lyla Mosqueda
Drake Corona



Instructors
Anthony Rivera
Elizabeth Ji
Jasmine Alonzo
Xochi Caceres



Our Mission

of the Los Angeles County Parks & Recreation
Junior Lake Lifeguard Program

To educate youth in our community with water safety, physical conditioning, basic first-aid, and environmental awareness, while developing the next generation of future lifeguards and leaders.

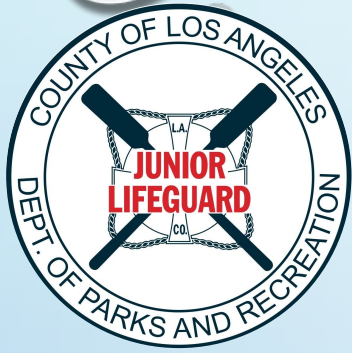
Program Values & Goals

- Create an inclusive environment for youth to make friendships
- Encourage and positively reinforce displays of effort in all activities
- Including camaraderie and sportsmanship
- As well as teaching the value and importance of fitness in lifeguarding and in life as a whole.





HOW WE
COMMUNICATE
WITH YOU



CONTACTS



Email:

santafedamjgs@parks.lacounty.gov

Main Park Office Phone:

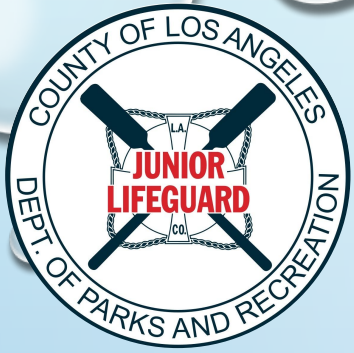
(626)334-1065

Alternate phone # (626) 787-4995

OFFICE HOURS

8AM - 3PM

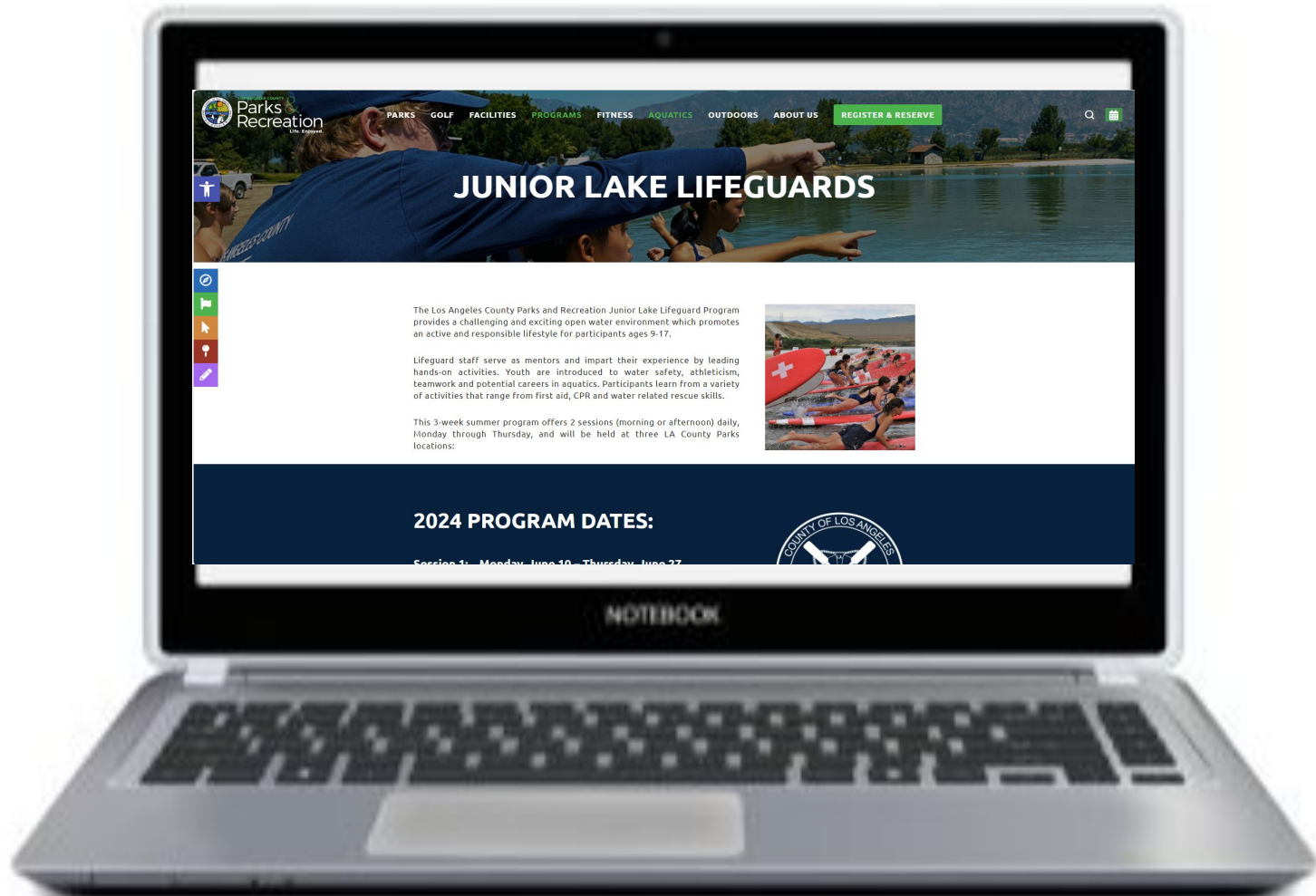
MONDAY - THURSDAY



RECEIVING EMAILS DURING



- Emails will be sent through the Active Net System
To: the enrolled participant
- **Please make sure** your child's profile - email contact is a parents email
- Step by step Directions of "[How to Change Family Members Contact](#) Info" are on our website - under the FREQUENTLY ASKED QUESTIONS parks.lacounty.gov/JUNIORLIFEGUARDS



[parks.lacounty.gov /juniorlifeguards](https://parks.lacounty.gov/juniorlifeguards)



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PROGRAM DETAILS



2 Sessions Available

JUNE

(Session 1) June 15 - July 2 (3 weeks / Mon-Thurs)

Hours: 9:00am- 3:00pm (Early Drop @8:30am)

JULY

(Session 2) July 13 - July 30 (3 weeks / Mon-Thurs)

Hours: 9:00am- 3:00pm (Early Drop @8:30am)



PROGRAM CALENDAR



DROP-OFF / PICK-UP TIMES

SESSION 1			
Monday	Tuesday	Wednesday	Thursday
June 15	June 16	June 17	June 18
FIRST DAY Early drop off 8:30am 9:00am - 3:00pm	DAY 2 Early drop off 8:30am 9:00am - 3:00pm	BLOCK THE BLAZE (JOHN WAYNE) PRESENTATION Early drop off 8:30am 9:00am - 3:00pm	DAY 4 Early drop off 8:30am 9:00am - 3:00pm
June 22	June 23	June 24	June 25
MILE SWIM Early drop off 8:30am 9:00am - 3:00pm	DAY 6 Early drop off 8:30am 9:00am - 3:00pm	IRON GUARD Early drop off 8:30am 9:00am - 3:00pm	PICTURE DAY Early drop off 8:30am 9:00am - 3:00pm
June 29	June 30	July 1	July 2
FLOATIE / BOAT / WPA DAY ▼ Early drop off 8:30am 9:00am - 3:00pm	DAY 10 Early drop off 8:30am 9:00am - 3:00pm	INTRA-LAKE COMPETITION @Castaic Lake Drop-off @6:00am-6:00pm	PARENT COOKIE BANQUET Early drop off 8:30am 9:00am - 3:00pm



PROGRAM CALENDAR



DROP-OFF / PICK-UP TIMES

SESSION 2			
Monday	Tuesday	Wednesday	Thursday
July 13	July 14	July 15	July 16
FIRST DAY Early drop off 8:30am 9:00am - 3:00pm	DAY 2 Early drop off 8:30am 9:00am - 3:00pm	DAY 3 Early drop off 8:30am 9:00am - 3:00pm	DAY 4 Early drop off 8:30am 9:00am - 3:00pm
July 20	July 21	July 22	July 23
BLOCK THE BLAZE (JOHN WAYNE) PRESENTATION Early drop off 8:30am 9:00am - 3:00pm	MILE SWIM Early drop off 8:30am 9:00am - 3:00pm	IRON GUARD Early drop off 8:30am 9:00am - 3:00pm	PICTURE DAY Early drop off 8:30am 9:00am - 3:00pm
July 27	July 28	July 29	July 30
FLOATIE / BOAT / WPA DAY Early drop off 8:30am 9:00am - 3:00pm	DAY 10 Early drop off 8:30am 9:00am - 3:00pm	INTRA-LAKE COMPETITION @ Santa Fe Dam Drop-off @8:30am-6:00pm	PARENT COOKIE BANQUET Early drop off 8:30am 9:00am - 3:00pm



A Typical Day as a Junior Lifeguard



8:30-8:50	AM Session Drop-off, Attendance check-in
9:00-9:15	Warm up and Stretch
9:15-9:20	Sunscreen, and workout preparation
9:20-9:55	Workout
10:00-11:00	Group Activity #1
11:00-11:30	Lunch
11:30-12:00	Lunch/ Land Games
12:00-12:55	Activity #2
1:00-1:55	Activity #3
2:00-2:30	Clean up
2:30 -3:00	Daily Reminders Meeting
3:00	Pick - Up





Age Groups

Kids will be split into age groups:

A Group	ages 14 - 17
B Group	ages 12 - 13
C Group	ages 9 - 11



LEARNING LESSONS



First Aid

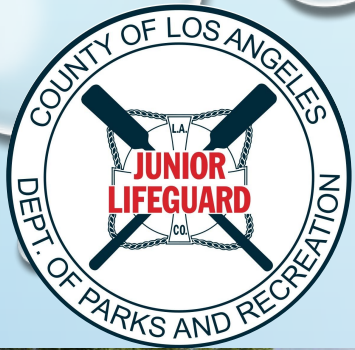
- Patient Assessment
- Sudden Illness
- CPR/AED
- Bleeding Control
- Splinting



Lifeguarding

- Paddle Board
- Rescue Cans
- In Water Rescues
- Water Searches
- Water Safety





WORKOUTS



- **RUNNING**
- **SWIMMING**
- **RUN- SWIM- RUN**
- **LONG PADDLE**
- **STRENGTH CONDITIONING**
- **TIMED EVENTS**
- **RELAYS**



PROGRAM ACTIVITIES & EVENTS



PICTURE DAY

THURSDAY - WEEK #2

(for each session)

Class @ 9:00 AM

Company: Yary Photography



- Photo Forms - are handed out at pick-up a day or 2 before
- Form must be returned ON THE DAY OF PICTURES **ONLY**
- Individual, buddy, and group shots** are available
- Photos will be MAILED HOME by Photographer



SESSION 1
WED, JUNE 17

SESSION 2
MON, JULY 20



Youth Skin Cancer Education Program for Junior Lifeguards

The Block the Blaze Program PROMOTES SUN SAFETY & SKIN CANCER AWARENESS

Mission is to bring courage,
strength, and grit to the fight
against cancer.

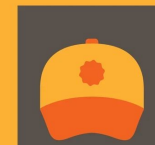


5 Sun Safe Tips BETWEEN 10AM to 4PM

1
APPLY
SUNSCREEN



2
PUT ON A
HAT



3
WEAR
SUNGLASSES



4
PROTECTIVE
CLOTHING



5
SEEK
SHADE





MILE SWIM



SESSION 1

Mon- Jun 22

SESSION 2

Tues- Jul 21

Major Accomplishment:

All age groups end up swimming this event by the end of the session

- FULL LIFEGUARD SUPERVISION
- Younger ages swim with floatation (rescue can assist)

1650 YARDS = 1 MILE

W O W !!!

Mile Long Swim

Award

is hereby earned by:



for outstanding performance and accomplishment of the mile swim

Santa Fe Dam

session 1



SESSION 1

Mon- Jun 29

FLOATIE / BOAT/ WPA



SESSION 2

Mon- Jul 27

Activities of the Day:

- Dragon Boat
- Fun with floaties
- Water Play Area
- Rootbeer Floats

Items to Bring:

- Donations for Rootbeer Floats brought in by the prior Thursday
- A supply sign-up list will be emailed to parents
- Kids BYOF (Inflatable floaties)





BI-ANNUAL INTRA-LAKE COMPETITION





BI-ANNUAL INTRA-LAKE COMPETITION



- Compete Against:
(other Junior Lifeguard Programs)
 - Bonelli Park Jr Guards
 - Castaic Lake Jr Guards
 - (Sometimes) Hansen Dam Jr Guards



BI-ANNUAL **INTRA-LAKE COMPETITION**

- Junior Guards will compete for **medals & awards** within their age groups
- **Parents are welcome & encouraged** to attend and watch the events

Don't Forget to send all participants with a sack lunch & plenty of water for the day

IT WILL BE VERY HOT / LONG DAY





BI-ANNUAL

INTRA-LAKE COMPETITION



WEEK #3 - WEDNESDAY

(of each session)

- Full day event (but kids can be picked up early - notify age group instructor prior)
- **Adjusted Drop-off & Pick-up Times**
(Always Dropping off at Santa Fe Dam)

Locations & Times:

Session 1 - @ Castaic Lake 6:00am to 4-5 pm

Session 2 - @ Santa Fe Dam 8:30am to 3-4 pm
(Accounting for Traffic or extended time for events)



OVERVIEW LAYOUT OF SANTA FE COMPETITION

PARENT SEATING
AVAILABLE ON THE RIGHT
SIDE OF THE
BEACH STATION

BRING YOUR OWN:

- SEATING
- SHADE
- DRINKS / SNACKS

(IF YOU PLAN TO STAY
ALL DAY)

PARKING WILL BE IN
PARKING LOT #3





BI-ANNUAL **INTRA-LAKE COMPETITION**

(subject to change)

2026 Competition Event Order

A	B	C
Distance Run	Distance Run	Distance Run
Beach Flags	Run Relay	Paddle Relay
Run Relay	Paddle Relay	Beach Flags
Paddle Relay	Beach Flags	Run Relay
Distance Paddle	Run Swim Run	Swim Relay
Swim Relay	Distance Paddle	Rescue Race
Run Swim Run	Swim Relay	Distance Paddle
Distance Swim	Rescue Race	Distance Swim
Rescue Race	Distance Swim	Run Swim Run





ANNUAL REGIONAL CHAMPIONSHIP

(subject to change)

- ~42 agencies
- ~500 participants
- Similar events



Registration:

JG's will need to register using a two step process.

1. Register for USLA Gold Membership here for \$20
<https://www.usla.org/page/MEMBERSHIP>
2. Register for the event here for \$25
<https://www.usla.org/event/cslsa-jg-regionals-24>





PARENT COOKIE DAY / BANQUET



LAST DAY - WEEK #3 (THURSDAY)

(Optional) Parents get to be an honorary Junior Guard for the day!!



**Interactive Daytime
Award Banquet**



**(JG Games, Baked Goods,
Award Certificates)**

ALL DAY EVENT 9:00AM - 3:00PM



PARENT COOKIE DAY / BANQUET

Basic (Rough) Event Layout

9:00-9:15	Parent + kids arrive
9:15- 10:00	Stretch / workout
10:00- 11:00	Fun Group games
11:00-12:00	Cookies + Lunch
12:00- 2:00	Awards
2:00- 3:00	JG Video / Goodbyes

- Cookies / Lunch Time @ 11am
- Kids will still need to **bring sack lunch**
- Daytime Awards Handout Ceremony

LEAVING EARLY OPTIONAL:

- Parents can check kids out early or can leave them with us till 3pm.

DETAILS:

- **OPTIONAL** for parents to attend or participate in this event.
- **Fun games** with parents (Land & Water events)

ATTENDING PARENT OPTIONS:

- Attend **all day** or **part of** the day
- **Participation** is Completely OPTIONAL. **Can just watch or pick & choose** to participate in multiple land & water games.





Merit Badge Sign off Available

MERIT BADGE REQUIREMENTS:

- Once JG completes the session, blue cards can be brought the last day for sign off.
- Director (Brittany Orduno) is certified merit badge counselor to sign off on Boy Scout blue cards.

For more details visit:

<https://santafedamjgs.weebly.com/merit-badge-info.html>



MERIT BADGE LIST:

(3) Available Merit Badges:

- First Aid
- Swimming
- Lifesaving



UNIFORMS



Uniform Pick-Up



Date: Wed-Friday: June 10th, 11th & 12th

Time: 3:30 PM - 5:30 PM

Location: Swim Beach

(Beach operation office, behind
lifeguard tower #3)

Parking: *Parking Lot #3*

Appointment Only: *Sign-up for online Time Slot*



Can not attend? - Pick up on **FIRST DAY** of the program + can purchase extras



Uniform Pick-Up



Be prepared to bring:

- (HELPS IF NEEDED) Proof of Purchase Receipt
- Turn in Physical Release Form
- Bring EXTRA FUNDS for purchasing extra uniform items

Pick up:

(Preferred) PAYMENT METHOD: → **CREDIT OR DEBIT CARD**

- Uniform
- Parent Calendar
- PARKING PASS (FREE)**
- Any Permission Slips*

Uniform Handout (Time Slots) - Available on our website - **"After Registration"** page

*Might need to drive to station 1 for payments



Standard Uniform

(INCLUDED WITH PROGRAM FEE)

- JG T-Shirt
- JG Board Shorts
- *(Girls) Swimsuit



Purchasing Extra Items

(optional)

***Sizes may be limited, in some items. First Come First Serve**

- JG T-SHIRT - \$15
- BOYS BOARD SHORTS - \$35
- GIRLS BOARD SHORTS - \$35
- GIRLS SWIMSUIT - \$45
- SWEATSHIRTS - \$25
- RASH-GUARD - \$40
- SWIM CAPS - \$5
- JG HAT - \$20
- JG VISOR - \$15
- JG BUCKET HAT - \$23
- JG TOWEL - \$20

*Prices subject to change due to vendor change



Extra Uniform Items Details

(optional)



***Sizes may be limited, in some items. First Come First Serve**

JG RASHGUARDS

- Perfect land & water sun protection
- Rashguard = **SPF 50**
- Great for kids who have a hard time putting on sunscreen.
Only need to worry about applying to their **FACE, HANDS, LEGS / FEET**

**Can wear own rashguard from home*





Extra Uniform Items Details

(optional)



***Sizes may be limited, in some items. First Come First Serve**

JG TOWEL

- Towel are lightweight
- Compact: easily rolled or folded
- Easy to add extra towel to gear bag



EXAMPLE: (1) for drying off from water activities

(1) for land activities (sitting on for warm ups, lunch time, outdoor classroom learning)



Extra Uniform Items Details

(optional)



***Sizes may be limited, in some items. First Come First Serve**

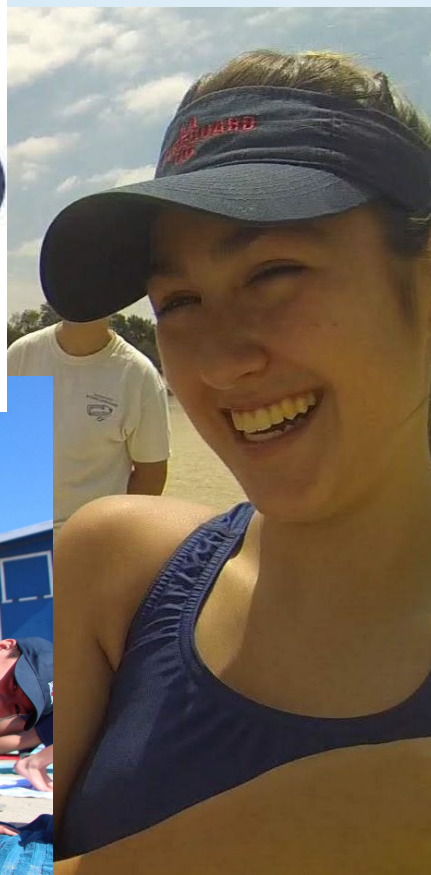
JG HATS - (3) STYLES

- **BASEBALL CAP**
- **VISOR**
- **+ SWIM CAP**



Alternative: Bring own hat,
must be **plain navy or black**, with no logos
or **Straw hat** from home are allowed

(Good Sun Protection)





Extra Uniform Items Details

(optional)

***Sizes may be limited, in some items. First Come First Serve**



JG HOODIE

(SWEATSHIRT)

(Comes in Adult Sizes ONLY)

S, M, L, XL, XXL

(Great for Cold Mornings)



Alternative: Can wear - plain navy - sweatshirt or sweatpants (No logos)



Don't Forget !!

EVERYONE'S ITEMS LOOK EXACTLY THE SAME



**MAKE SURE YOU KNOW
WHICH ONE IS YOURS**

LABEL ALL ITEMS YOUR CHILD BRINGS TO CAMP (uniform, lunch box, bags etc..)



WHAT STILL
NEEDS TO BE
TURNED IN?



Physical Release Form

Due by First Day of Session OR Can turn in early at Uniform Handout

Please remember!

- Your child CANNOT participate in the program without a Physical Release Form, completed by a physician.
- Must be turned in by the first day of the attended session (or will have to go home / will not be able to return till turned in)



Physical Release Form

AVAILABLE FOR ONLINE DOWNLOAD - YEAR ROUND 24/7

VISIT OUR WEBSITE:

parks.lacounty.gov/juniorlifeguards

→ After Registration (page on website) or FAQ's:

- **PHYSICIAN'S RELEASE FORM
(PDF DOWNLOAD)**



COUNTY OF LOS ANGELES
DEPARTMENT OF PARKS AND RECREATION
JUNIOR LIFEGUARD PROGRAM
SANTA FE DAM



PHYSICIAN'S RELEASE FORM

Junior Lifeguard Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Home Phone # _____

TO THE PHYSICIAN:

The person you are examining is a participant actively engaged in the Junior Lifeguard Program for the County of Los Angeles Department of Parks and Recreation. As such, this person will be participating in physically demanding activities in a lake setting. Activities will include, but not limited to, swimming, running, boating, calisthenics, and prolonged exposure to sun and heat.

EXAMINATION RESULTS:

The participant named above is:

ABLE ☐ **NOT ABLE** ☐ to participate in the Junior Lifeguard Program.

Birth Date: _____

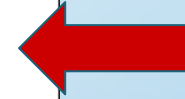
Age: _____

Gender: M ☐ F ☐

RESTRICTIONS (If any): _____

RECOMMENDATIONS (If any): _____

First Page



Has your Doctor
already filled out
a separate
physical form?

You can turn in a
**Copy of an
Official Doctor's
Physical**
on a separate
document.
Just staple a copy
to our form with
the basic
information filled
out for your child.



Second Page

Request Medication/Treatment Given during LA County Jr. Lifeguards Program
(if applicable)

Jr. Lifeguard's Name

Date of Birth

☐ No known medication allergies. ☐ Allergies :

Give daily	Give as needed	Treatment/ Medication as written on bottle or package	Dosage in ml,mg,cc	Time actual hour of day	Route of delivery	Reason medication is given	Start & End Dates actual calendar dates	

Special Instructions:

If inhaler: (please check one of the following options)

☐ Allow Jr. Lifeguard to carry/administer own inhaler - If needed it will be assisted by EMT Lifeguards

☐ Do Not allow Jr. Lifeguard to carry own inhaler, is to be assisted by and kept with EMT Lifeguards.

If allergy kit (please check one of the following options, 911 will be called if Epi-Pen is administered)

☐ Allow Jr. Lifeguard to carry/administer own Epi-Pen. - If needed it will be assisted by EMT Lifeguards

☐ Do not allow Jr. Lifeguard to carry own Epi-Pen it is to be assisted by and kept with EMT Lifeguards.

Does your Junior Guard need to carry/administer medication during camp hours?

If **YES**, a
**DOCTOR MUST
FILL OUT THIS
FORM**



Request Medication/Treatment Given during LA County Jr. Lifeguards Program
(if applicable)

Jr. Lifeguard's Name

Date of Birth



No known medication allergies.

☐

Allergies :

Give daily	Give as needed	Treatment/ Medication as written on bottle or package	Dosage in ml,mg,cc	Time actual hour of day	Route of delivery	Reason medication is given	Start & End Dates actual calendar dates	

Special Instructions:

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☐ Do not allow Jr. Lifeguard to carry own Epi-Pen it is to be assisted by and kept with EMT Lifeguards.

If your child
does not apply:

NO Medications need
to be carried at Camp

Just Check **“No known
medications”** and
leave the rest blank”



Still Need a Physical?



NEED A LOCATION?

Chiropractic and Soft Tissue Center

Name: Mark M. Dederichs DC.

Address: 709 E Rte 66, Glendora, CA, 91740

Phone: (626) 963-6332

APPOINTMENT ONLY

Call and ask for Debbie to make an appointment.

(They can usually take same day appointments.)

Open Weekdays (ONLY)

[Closed on Tuesdays]

Payment:

\$20 Dollars (CASH ONLY)



WHAT TO BRING

WHAT TO BRING



Required Daily Items:

- Clean Uniform
- Towel
- Running Shoes
- Sandals
- Sunscreen (SPF 30+)
- Water (lots of it)
- Sack Lunch & Snacks (6 hour day)
- Bag (to carry equipment)

Optional Items (Good Idea):

- Hat
- Rashguard
- Sunglasses
- Swim Goggles (for long swims)
- Extra Towel

Other Items (allowed if needed) :

- Navy sweatpants or sweatshirt (for cold mornings)
- Water Shoes / Aqua Socks

If your JG brings their cell phone to the program, it must remain in their bag throughout the session



RUNNING DAILY



RUNNING SHOES ARE A REQUIREMENT

- JGs should arrive with running shoes on and be ready to workout



FOOD AND WATER



NOTE: There are NO FOOD VENDORS INSIDE THE PARK. Please make sure your child is prepared



- Bring lots of **WATER**
(Large Water Container or multiple bottles)
- Bring Healthy Sack Lunch



Arrive wearing daily STANDARD UNIFORM



- JG T-SHIRT or Rashguard
- BOARD SHORTS
- * GIRLS SWIMSUIT

OPTIONAL ITEM:

- JG HAT (bill must be worn facing forward)





SUN PROTECTION

*Recommended to bering **SPF 30 +** or greater Sunscreen*



REQUIRED:

- Sunscreen SPF 30 +

OPTIONAL:

- Rashguard
- Hat
- Sunglasses





PROMOTING
SUCCESS



PROMOTING SUCCESS DISCIPLINE STEPS

- 1ST WARNING - INSTRUCTOR WILL ADDRESS THE BEHAVIOR
- 2ND WARNING - JG IS GIVEN A "TAKE FIVE" (Break to reflect)
- 3RD WARNING - JG WILL MEET WITH THE JG COORDINATOR
WRITE REFLECTION PAGE & PARENT MEETING
- 4TH WARNING - SUSPENSION /OR/ EXPULSION
(Decisions by the Program Director - depending on the severity of the problem)



CELL PHONES & ELECTRONICS

NOTE: All items that are brought to the program are **“BRING AT YOUR OWN RISK”**

- Cell phones remain in JGs bag
- Cell phones can be used ONLY with the instructor's permission and supervision, to call parent or guardian
- Unauthorized use, will result in the confiscation of the item and will **ONLY** be returned to the parents or guardian at pick-up

Alternate phone # **(626) 787-4995**

In case of Emergency: If you need to contact your child, please call Main Office (626)334-1065



PARKING LOT
PICK UP
&
DROP OFF



DROP OFF AND PICK UP



- KIOSK - Stop and say “hi!”
- Show Parking Pass
- DRIVE SLOW 15 MPH **

County of Los Angeles Department of Parks and Recreation
Santa Fe Dam Regional Park

TEMPORARY
ENTRY / PARKING PERMIT
PLACE ON DASHBOARD

Name: Junior Lake Lifeguard Parents

Permitted Activity: Entrance & Access during Junior Lifeguard Program Hours

Expires: 10 June 2024 (Session 1) Approved By: [Signature]
Program Director

Vehicle License #: _____

WARNING ISSUED TO HOLDER BY REQUEST ONLY. USE OR POSSESSION BY ANY OTHER PERSON IS UNLAWFUL. THIS PASS MAY BE REVOKED AT ANY TIME AT THE DISCRETION OF THE PARK SUPERINTENDENT.

- DROP OFF - **No earlier than 30 mins**
before the start of the program @8:30am
- PICK UP - **Please be on time**

Pick-up Extra Parking Passes from group Instructor



DROP OFF AND PICK UP
Ensure your Session
Parking Pass is Displayed
or Readily Accessible

(Kiosk must be able to view to allow entry to the park)

Pick-up Extra Parking Passes from group Instructor

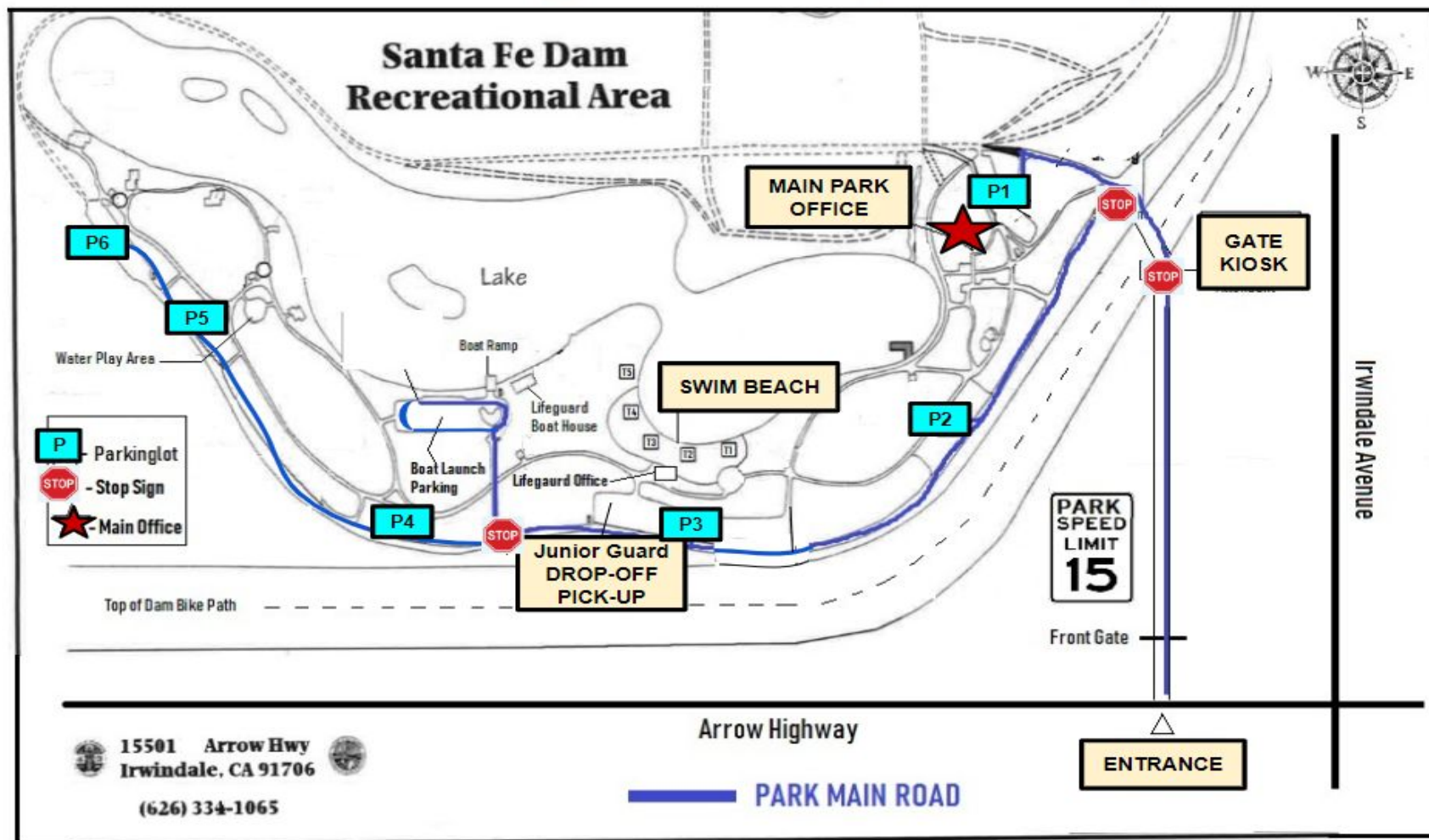


Quick Tour Around the Park



- Where is the entrance?
- Where is the main park office?
- Where is the swim beach?
- Where is drop-off and pick-up area?

Junior Lifeguard Program Map





LEAVING EARLY OR ARRIVING LATE?

EXPECTED

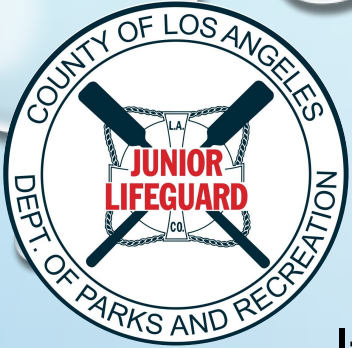
If known in advance, notify your child's Group Instructor at drop-off or pick-up, so we can coordinate this adjustment.

UNEXPECTED

If unexpected, feel free to call the
Main Park Office

Alternate phone #
(626) 787-4995

(626) 334-1065 or visit one of our Lifeguard
Offices. We will assist you.



PARENT FORUM FOR POSSIBLE RIDESHARE or CARPOOLING

If you are interested in possible ride share with families in your area

WATCHING LIVE

TYPE IN THE CHAT

“RIDESHARE”

Name:

Email:

Phone Number:

City you live in:

OR

NOT WATCHING LIVE

EMAIL THE SAME INFO
TO:

santafedamjgs@parks.lacounty.gov

EMAIL TITLE “RIDESHARE”

WE WILL TRY TO HELP GET FAMILIES
CONNECTED VIA EMAIL CHAIN



DON'T FORGET

- Physician RELEASE FORM DUE First Day
- Check your profile - Make sure your child's email contact is listed as the parent who will keep up on parent emails
- Uniform handout is June 10th, 11th, 12th 3:30pm - 5:30pm (time slots link is on the website)



THANK YOU!

See you all soon!