

Junior Lifeguard Program



Need a Physical?



All Junior Guards must have a current, up to date Physical on file, cleared by a certified physician.

Physicals must be active throughout the entire duration of the attended session(s).

Hello Junior Lifeguard Families,

For those of you who are **still in need of a PHYSICAL**, we have a backup option for you.

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)

Forms:

Please have your physician fill out the "Physical Release" form

(Can Download from our website: parks.lacounty.gov/juniorlifeguards)