

July 2025 – Belmar Junior Lifeguards

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Practice (10am-12pm)	1 Practice (10am-12pm)	2 Practice (10am-12pm)	3 Practice (10am-12pm) <i>American Flag Run- wear red, white & blue accessories. Bring small American flags!</i>	4	5
6	7 Practice (10am-12pm) <i>Block The Blotz- sun safety presentation</i>	8 Spring Lake Tournament	9 Practice (10am-12pm)	10 Long Branch Tournament	11	12
13	14 Practice (10am-12pm)	15 Ocean Grove MINI Tournament (ages 6-13 only)	16 Practice (10am-12pm)	17 Belmar Tournament	18	19
20	21 Practice (10am-12pm)	22 USLA Mid- Atlantic Regionals – Sea Girt (Gold USLA Member)	23 Practice (10am-12pm) <i>Christmas Eve Eve in July-wear xmas accessories</i>	24 Manasquan Tournament	25	26
27	28 Practice (10am-12pm)	29 Practice (10am-12pm)	30 Practice (10am-12pm) <i>Ice Cream Truck - Bring \$5 cash</i>	31 Practice (10am-12pm)	<ul style="list-style-type: none"> • Practice is held Monday – Thursday from 10am – 12pm noon. • Tournaments begin at 8am at the host beach. More info will follow. They are available for an EXTRA cost. • There is NO practice on tournament days. • Special Event Days – subject to change. 	