



Welcome!

We are so excited about our upcoming 2017 season and welcome all of you who are going to be part of our team.

If this summer is your first with Fitness by the Sea (FBS), you're in for a treat. Being a part of FBS is one of the most rewarding and exciting jobs ever because not only are you positively influencing a child's life, you're having a blast doing it!

If you're a seasoned FBS team member, please make a point of truly welcoming the new staff with open arms and lots of LOVE and SUPPORT. Each of you have been there at one time or another and know what its like walking into a strange, new situation. I'm counting on each of you to show the new staff why FBS means so much to all of us!

We will be kicking off this season with our exciting orientation and training program taking place June 3-4 and June 10-11. Please note that your attendance at these meetings is part of your contractual obligation and is integral for maintaining our high levels of quality programming and safety. It is also an important time to bond with fellow staff members and management and learn the FBS Way.

Training Dates & Times

There are four weekend sessions, all of which you need to attend unless you've already made special arrangements with Eric Colton. The dates and times are as follows:

- Saturday, June 3 9AM – 5PM (New Staff Only)
- Sunday, June 4 9AM – 5PM (New Staff Only)
- Saturday, June 10 9AM – 5PM (New and Returning Staff)
- Sunday, June 11 9AM – 5PM (New and Returning Staff)

Meet at Temescal Canyon Park @ 8:45am

On each training day, we will meet at 8:45am at the park on Temescal Canyon Road (directly across from the beach entrance), so we can carpool to the training site.

For those of you who are unfamiliar with this location, the directions are as follows:

There is no address to the park, so please just follow the directions below and you should be fine. If you wish, you may map the nearest intersection, which is Temescal Canyon Road and Pacific Coast Highway.

Directions

From the 10 Freeway

- Head West on the 10 Freeway until it ends and turns into Pacific Coast Highway (PCH)
- Continue North on PCH for approximately 3 miles. You will pass three stop lights (California Incline, Entrada Drive, and W. Channel Rd/Chautauqua Blvd)
- After you pass the third light you will continue on for about 1 mile
- Turn Right on Temescal Canyon Road (at stop light)
- The park is about 1/8 mile up on the right side. Park on Temescal Canyon Road but **PLEASE READ THE SIGNS BEFORE YOU PARK YOUR CAR ALL DAY.**
- We will be meeting on the grass near the playground area.

*(If you are not at the park at 8:45am or if you do not wish to carpool for whatever reason, you can meet us at the training site; but you will have to pay for the parking fee yourself and we will **not** reimburse anyone for this fee. To get to the training site, enter the Will Rogers State Beach parking lot (Temescal Canyon Road and Pacific Coast Highway), go approximately 1 mile south in the parking lot to Tower 14.)*

What to Bring

Training will be great, but we will be out in the sun all day, so please ensure you either wear or bring the following items with you:

1. Bathing Suit (worn under your clothes)
2. Towel
3. Comfortable Clothing
4. Lunch & Drinks
5. Sunglasses
6. Sunscreen

(Please apply sunscreen before you arrive even if you are tan and remember to reapply during the day. We have had many staff members get severe burns during training because they thought they were used to the sun. Remember that this will be 8 straight hours of sun exposure and your skin really needs protection against that.)

FINALLY, PLEASE MAKE SURE TO SPEND SOME TIME IN THE OCEAN PRIOR TO TRAINING. THERE WILL BE A SWIM TEST TO ASSESS YOUR ABILITIES IN THE OCEAN.

You are all key members of our team and we value each one of you. We're looking forward to a fantastic summer at the beach this year!

See you all soon!

Eric Colton