



**SANTA TERESA VOLUNTEER LIFEGUARDS
THE MISSION CONTINUES...**

SANTA TERESA VOLUNTEER LIFEGUARDS THE MISSION CONTINUES...

Volunteers Training started on September 27th and has been happening since, every Saturday morning at 9 am at Playa Zeneidas. We have focused this first part of the preparation into physical conditioning, ocean swimming, rescue boards, basic rescue skills and water observation. The group is still small (about 8 people) but I am sure it will grow as this project continues its way forward. There has been interest shown by both, experienced lifeguards from different parts of the world, as well as by some young local men who are eager to learn and experience Lifesaving.

Diving into the high season, we will do our best to start offering guards as consistent as possible, depending on the number of volunteers involved and their available time within their working obligations and personal life. The idea is to start covering as many hours as possible on Sundays, which is the day that most people and families come to the beach, and then try to cover Saturdays, Fridays and so on. We will position where it is needed the most, considering dangerous locations, public and available resources.

As this Mission continues, surely, we will start to need and receive support at same time. We want to start a Junior Lifeguards program as soon as we get the logistics organized. We hope that more people will get involved for the group to grow bigger and stronger, and so, we will be able to offer guards more frequently. We have gathered some swimming fins and rescue tubes which is key to have, now, we want to build a tower. We will greatly appreciate donations of the materials that will be needed to build it. First aid and CPR trainings will be happening soon as well as fundraising events. We'll keep you posted! Thank you so much for your support and, once again, for reading. HAPPY NEW YEAR!!!

Mafias Technique

**GUARDAVIDAS VOLUNTARIOS DE SANTA TERESA
LA MISION CONTINUA...**

Los entrenamientos de voluntarios comenzaron el 27 de Septiembre y han estado ocurriendo desde entonces, todos los Sábados a las 9am en Playa Zenaida. Hemos enfocado la primer parte de la preparación en acondicionamiento físico, natación en mar, tablas de rescate, maniobras básicas de rescate y técnicas de observación. El grupo aun es pequeño (alrededor de 8 personas) pero estoy seguro que crecerá a medida que el proyecto continua avanzando. Ha habido interés demostrado tanto por guardavidas experimentados de distintas partes del mundo, como así también por jóvenes locales deseosos de aprender y experimentar sobre Salvamento.

Zambullidos en la temporada alta, haremos lo que mejor que podamos para comenzar a ofrecer guardias lo mas constante posible, dependiendo de la cantidad de voluntarios involucrados y su tiempo disponible dentro de sus obligaciones laborales y vida personal. La idea es comenzar cubriendo la mayor cantidad de horas posible los Domingos, el cual es el día cuando mas gente y familias concurren a la playa, y luego tratar de cubrir Sábados, Viernes y así sucesivamente.

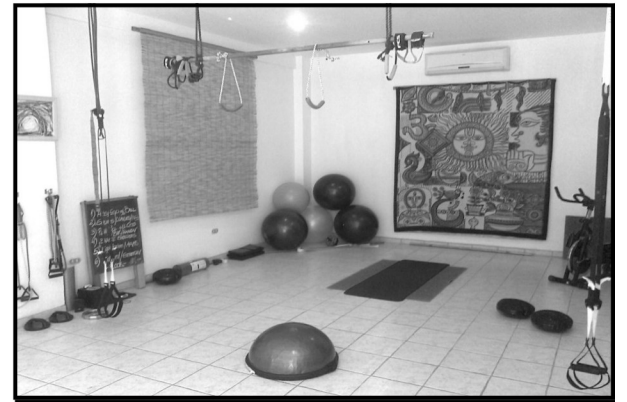
te. Nos ubicaremos donde sea mas necesitado, considerando zonas peligrosas, publico y recursos disponibles.

A medida que esta Misión continua, seguramente, comenzaremos a necesitar y recibir apoyo al mismo tiempo. Queremos comenzar un programa de Guardavidas Junior tan pronto tengamos organizada la logística. Esperamos que se involucre mas gente para que el grupo crezca mas grande y fuerte, y entonces, podremos ofrecer guardias con mayor frecuencia. Hemos reunido algunas aletas de nado y tubos de rescate, lo cual es clave tener, ahora, queremos construir una torre. Apreciaremos profundamente la donación de los materiales que serán necesarios para construirla. Pronto realizaremos entrenamientos en Primeros Auxilios y RCP y eventos para recaudar fondos. Lo mantendremos informado!. Muchas gracias por su apoyo y, una vez mas, gracias por leer. FELIZ ANHO NUEVO!!!

JOIN NOW!
WHAT: A Volunteer Lifeguard Team that will man 3 towers on Santa Teresa beaches
WHO: Surfers, surf instructors, lifeguards Ages 16+ (Junior Lifeguards coming soon!)
WHERE: Training every Saturday, 9 AM at Playa Zeneidas

Information: Matias Echenique
 OLAS@argentina.com
 506 8685 5902

Habanero
 Mex-Grill-Bar
 Sunset CHILL Sessions y HAPPY hour 2x1 5to6pm



SOLAR FITNESS FULLFIT CIRCUIT TRAINING
 Train to reach your own goals, in a balanced and intelligent way

For more info or to schedule private sessions contact:

Matias Echenique olas@argentina.com (506) 8685-5902
 Physical Education Professor, Personal Trainer, Swimming Coach, Surfing and SUP Instructor, Ocean Lifeguard, Reiki II.

Santa Teresa, Fitness studio at Plaza Solar (local 2)

/purasonicaradio
 @purasonica

Tide Chart

d
e
c
e
m
b
e
r

Day	High	Low	High	Low	High	Phase
Mon 01		03:35 1.05 ft	09:53 7.95 ft	15:55 0.98 ft	22:26 8.76 ft	
Tue 02		04:43 0.95 ft	11:00 7.96 ft	17:00 1.01 ft	23:28 8.94 ft	
Wed 03		05:48 0.71 ft	12:03 8.15 ft	18:03 0.91 ft		
Thu 04	00:27 9.17 ft	06:46 0.39 ft	13:01 8.42 ft	19:00 0.74 ft		
Fri 05	01:20 9.39 ft	07:39 0.08 ft	13:53 8.69 ft	19:52 0.58 ft		
Sat 06	02:09 9.54 ft	08:26 -0.14 ft	14:42 8.91 ft	20:40 0.48 ft		Full Moon
Sun 07	02:56 9.59 ft	09:11 -0.26 ft	15:27 9.03 ft	21:25 0.48 ft		
Mon 08	03:39 9.51 ft	09:53 -0.25 ft	16:11 9.04 ft	22:09 0.58 ft		
Tue 09	04:22 9.31 ft	10:34 -0.12 ft	16:53 8.95 ft	22:51 0.76 ft		
Wed 10	05:03 9.00 ft	11:14 0.12 ft	17:35 8.76 ft	23:33 1.02 ft		
Thu 11	05:46 8.61 ft	11:54 0.45 ft	18:18 8.51 ft			
Fri 12		00:16 1.32 ft	06:29 8.17 ft	12:34 0.84 ft	19:01 8.22 ft	
Sat 13		01:01 1.62 ft	07:14 7.72 ft	13:17 1.24 ft	19:47 7.95 ft	
Sun 14		01:49 1.88 ft	08:02 7.31 ft	14:03 1.62 ft	20:35 7.74 ft	Last Quarter
Mon 15		02:41 2.06 ft	08:56 7.00 ft	14:52 1.91 ft	21:27 7.64 ft	
Tue 16		03:37 2.10 ft	09:54 6.84 ft	15:46 2.08 ft	22:21 7.68 ft	
Wed 17		04:35 1.97 ft	10:53 6.87 ft	16:43 2.08 ft	23:15 7.87 ft	
Thu 18		05:31 1.68 ft	11:49 7.10 ft	17:38 1.91 ft		
Fri 19	00:06 8.19 ft	06:24 1.26 ft	12:42 7.48 ft	18:31 1.58 ft		
Sat 20	00:56 8.59 ft	07:12 0.76 ft	13:30 7.96 ft	19:22 1.16 ft		
Sun 21	01:43 9.03 ft	07:58 0.24 ft	14:16 8.48 ft	20:10 0.70 ft		New Moon
Mon 22	02:29 9.43 ft	08:44 -0.23 ft	15:02 8.98 ft	20:58 0.28 ft		
Tue 23	03:15 9.74 ft	09:28 -0.59 ft	15:47 9.40 ft	21:46 -0.04 ft		
Wed 24	04:02 9.90 ft	10:14 -0.81 ft	16:33 9.69 ft	22:34 -0.22 ft		
Thu 25	04:49 9.89 ft	11:00 -0.84 ft	17:21 9.82 ft	23:24 -0.22 ft		
Fri 26	05:38 9.68 ft	11:47 -0.69 ft	18:10 9.78 ft			
Sat 27		00:16 -0.07 ft	06:30 9.32 ft	12:37 -0.37 ft	19:02 9.59 ft	
Sun 28		01:10 0.22 ft	07:25 8.85 ft	13:30 0.07 ft	19:58 9.30 ft	First Quarter
Mon 29		02:09 0.56 ft	08:24 8.36 ft	14:27 0.55 ft	20:57 9.00 ft	
Tue 30		03:13 0.85 ft	09:29 7.96 ft	15:30 0.98 ft	22:01 8.76 ft	
Wed 31		04:19 1.02 ft	10:37 7.73 ft	16:36 1.26 ft	23:07 8.68 ft	

DON JON'S
 SANTA TERESA, COSTA RICA

Telephone: (506) 2640-0700
 150 meters north Futbol Plaza

grupodonjons@gmail.com
 www.donjonsonline.com

facebook

KINA
 surf shop

lessons
 accessories
 beach wear
 board rentals

www.kinasurfcostarica.com