CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Cape Town Beaches: Lifeguard Duty Schedule 2025/26

View the table below for a schedule of lifeguard operating hours and beaches offering safe swimming areas (areas designated by red and yellow flags and monitored by lifeguards).

Suburb	Beach	Lifeguard hours	Swimming area available	Additional Comments
Atlantis	Silwerstroomstrand	10:00 - 18:00	Yes	Bathing area at the beach and tidal pool covered by lifeguards
Big Bay	Big Bay Beach	10:00 - 18:00	Yes	
Camps Bay	Camps Bay Beach and tidal pool	10:00 - 18:00	Yes	
Clifton	Clifton 1st Beach	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as there are no safe swimming areas
	Clifton 2nd Beach	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as there are no safe swimming areas
	Clifton 3rd Beach	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as there are no safe swimming areas
	Clifton 4th Beach	10:00 - 18:00	Yes	
	Maiden's Cove	10:00 - 18:00	Yes	
Clovelly	Clovelly	10:00 - 18:00	Yes	Lifeguards will be stationed here from 1 December and only patrol to Clovelly from Fish Hoek prior to this date
Fish Hoek	Fish Hoek	10:00 - 18:00	Yes	
Gordon's Bay	Bikini Beach	10:00 - 18:00	Yes	
	Gordon's Bay Beach	10:00 - 18:00	Yes	
	Harmony Park tidal pool	10:00 - 18:00	Yes	
	Kogel Bay Dappat Se Gat / Caves	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as this is an identified hotspot for water emergencies and there are no safe swimming areas
Hout Bay	Hout Bay	10:00 - 18:00	Yes	

Suburb	Beach	Lifeguard hours	Swimming area available	Additional Comments
Kalk Bay	**Kalk Bay Harbour Beach**	10:00 - 18:00	Yes	Lifeguards will be stationed here from December. Exact date to be confirmed with Law Enforcement
Khayelitsha	**Monwabisi Beach and tidal pool**	10:00 - 18:00	Yes	
Llandudno	**Llandudno**	10:00 - 18:00	Yes	
Macassar	**Macassar Beach**	10:00 - 18:00	Yes	
Melkbosstrand	**Melkbosstrand**	10:00 - 18:00	Yes	
Milnerton	**Milnerton Lagoon Beach**	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as this is an identified hotspot for water emergencies and there are no safe swimming areas
	Milnerton Lighthouse	10:00 - 18:00	Yes	
Muizenberg	**Muizenberg**	10:00 - 18:00	Yes	
	Sunrise Beach	10:00 - 18:00	Yes	Lifeguards will be stationed here from 1 December and only patrol to Sunrise Beach from Muizenberg prior to this date
Rocklands	**Mnandi Beach**	10:00 - 18:00	Yes	Lifeguards cover both an east and west bathing area
St James	**St James tidal pool**	10:00 - 18:00	Yes	
	Danger Beach	10:00 - 18:00	Yes	
Strand	**Strand (Deep Blue)**	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as this is an identified hotspot for water emergencies and there are no safe swimming areas
	Strand (Lifesaving Club)	10:00 - 18:00	Yes	
Strandfontein	**Blue Waters**	10:00 - 18:00	Yes	
	Strandfontein Beach and tidal pool	10:00 - 18:00	Yes	
Table View	**Table View**	Patrol 10:00 - 18:00	No safe swimming areas	Lifeguards will be stationed here to patrol only as this is an identified hotspot for water emergencies and there are no safe swimming areas