

COUNTY OF SANTA CRUZ DEPARTMENT OF _____
PARKS, OPEN SPACE AND CULTURAL SERVICES



American Red Cross Lifeguard Training 2017 With Title 22 Certification

Learn the skills needed to prevent and respond to emergencies!
Earn the certification needed to be a lifeguard!

Course Prerequisites

- Proof of age 15 by conclusion of course
- Successfully complete the "Pre-course Assessment" which requires you to:
 - a) Swim 300 yards continuously using breath control and rhythmic breathing. Candidates may swim using front crawl, breast stroke or a combination of both techniques.
 - b) Swim 20 yards, surface dive to 8 feet, retrieve and surface with a 10-pound object, swim 20 yards back to the starting point, keeping your face out of the water the entire time you are swimming back, place object on side of pool and get out of pool and onto deck in under 1 minute and 40 seconds.
 - c) Tread water for 2 minutes without stopping, using legs only maintaining a vertical position in the water and keeping the head above the surface of the water the entire time.

Program Fee

Resident \$310 / Non-resident \$341

Program materials

Materials are included in the fee and will be distributed upon registration or at the pre-course session.

Important Reminders

Please keep in mind that participation in all class sessions and completion of reading assignments before each class is required to pass both the Lifeguard Training (LGT) and Title 22 courses. Upon successful completion of both the courses, you will receive an American Red Cross LGT certificate, which includes CPR/AED and First Aid skills and is valid for 2 years as well as a Title 22 (Advanced First Aid) certification which is valid for 3 years.

How to Register

Register online through EzReg at www.scparks.com or in person at the Santa Cruz County Parks Department (located at the Simpkins Family Swim Center, 979 17th Avenue, Santa Cruz, CA 95062). Registration hours are 9:00 am - 4:00 pm, Monday through Friday. Age verification (age 15 by completion of program) upon registration is required. Registration deadline for each course is the day prior to the pre-course date.

Lifeguard Jobs at the Simpkins Family Swim Center

Refer to the Santa Cruz County job website at www.santacruzcountyjobs.com, call Annie Morris at 454-7961 or email Annie.Morris@santacruzcounty.us

See Reverse Side for Course Dates

American Red Cross Lifeguard Training

2017 Classes

**Aptos High
Winter Break!**

Course # 16562

Pre-course Date:

Tuesday, January 3, 2017, 3:30 – 4:30 pm

Course Dates:

Monday, January 9, 2017, 8:30 – 5:00pm

Tuesday, January 10, 8:30 – 5:00 pm

Wednesday, January 11, 8:30 – 5:00 pm

Thursday, January 12, 8:30– 5:00 pm

Friday, January 13, 8:30 – 5:00 pm

UCSC Spring Break!

Course #16565

Pre-course Date:

Monday, March 20, 3:30 – 4:30 pm

Course Dates:

Monday, March 27, 8:30 – 5:00 pm

Tuesday, March 28, 8:30 – 5:00 pm

Wednesday, March 29, 8:30 – 5:00 pm

Thursday, March 30, 8:30 – 5:00 pm

Friday, March 31, 8:30 – 5:00 pm

Course # 16563

Pre-course Date:

Friday, February 17, 2017, 3:30 – 4:30 pm

Course Dates:

Friday, February 24, 4:00 – 8:00 pm

Saturday, February 25, 8:30 – 5:00 pm

Sunday, February 26, 8:30 – 5:00 pm

Friday, March 3, 4:00 – 8:90 pm

Saturday, March 4, 8:30 – 5:00 pm

Sunday, March 5, 8:30 – 5:00 pm

**Aptos High + SC
City Schools
Spring Break!**

Course # 16566

Pre-Course:

Monday, March 27, 2017, 3:30 – 4:30 pm

Course Dates:

Monday, April 3, 2017, 8:30 am – 5:00 pm

Tuesday, April 4, 8:30 am – 5:00 pm

Wednesday, April 5, 8:30 am – 5:00 pm

Thursday, April 6, 8:30 am – 5:00 pm

Friday, April 7, 8:30 am – 5:00 pm

**Cabrillo Spring
Break!**

Course # 16564

Pre-course Date:

Monday, March 13, 3:30 – 4:30 pm

Course Dates:

Monday, March 20, 8:30 am – 5:00 pm

Tuesday, March 21, 8:30 am – 5:00 pm

Wednesday, March 22, 8:30 am – 5:00 pm

Thursday, March 23, 8:30 am – 5:00 pm

Friday, March 24, 8:30 am – 5:00 pm

Course # 16567

Pre-Course:

Friday, April 7, 3:30 – 4:30 pm

Course Dates:

Friday, April 14, 4:00 – 7:30 pm

Saturday, April 15, 8:30 – 4:30 pm

Sunday, April 16, 8:30 – 4:30 pm

Friday, April 21, 4:00 – 7:30 pm

Saturday, April 22, 8:30 – 4:30 pm

Sunday, April 23, 8:30 – 4:30 pm

Please call Rebecca Hurley, Aquatics Coordinator, (831) 454-7930 or email her at Rebecca.Hurley@santacruzcounty.us for more information.