

COUNTY OF SANTA CRUZ DEPARTMENT OF \_\_\_\_\_  
**PARKS, OPEN SPACE AND CULTURAL SERVICES**



# American Red Cross Lifeguard Training 2019 With Title 22 Certification

Learn the skills needed to prevent and respond to emergencies!

Earn the certification needed to work as a lifeguard!

## **Course Prerequisites**

- Proof of age 15 by conclusion of course

- Successfully complete the *Pre-course Assessment* prior to the first course date, which requires you to:

- a) Swim 300 yards continuously, demonstrating breath control and rhythmic breathing using both front crawl and breast stroke.
- b) Without the use of goggles, complete the following in under 1 minute, 40 seconds: Starting in the water, swim 20 yards and surface dive to a depth of 7-10 feet to retrieve a 10-pound object; return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object while keeping the face at or near the surface; exit the pool without using a ladder or steps.
- c) Tread water for 2 minutes using only the legs, without support and without stopping. Candidates must be able to maintain an upright body position with their head above the surface of the water for the entire time.

## **Program Fee**

Resident \$310 / Non-resident \$341.

## **Program materials**

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

## **Important Reminders**

*Please keep in mind that full attendance and participation in all class sessions and completion of reading and study outside of class are required to pass both the Lifeguard Training (LGT) and Title 22 courses.*

Participants who successfully pass the course will receive 2-year certification in: Lifeguard Training (LGT), CPR/AED for the professional rescuer (CPR-PRO) and Title-22 First Aid for Public Safety Personnel.

## **How to Register**

Register online through ActiveNet at [www.scparks.com](http://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).

Or by calling 831-454-7953 (9:00 am – 4:00 pm, Monday through Friday)

*Registration deadline for each course is the day prior to the scheduled pre-course date.*

***Those who cannot complete the pre-course swim assessment prior to the first course date are not eligible to continue in the course and will receive a full refund.***

## **Lifeguard Jobs at the Simpkins Family Swim Center**

Refer to the Santa Cruz County job website at [www.santacruzcountyjobs.com](http://www.santacruzcountyjobs.com), or contact Annie Morris at 454-7914 or by email: [Annie.Morris@santacruzcounty.us](mailto:Annie.Morris@santacruzcounty.us)

**See Reverse Side for 2019 Course Dates**

# American Red Cross Lifeguard Training

2019 Classes at Simpkins Family Swim Center

**Aptos High  
Winter Break!**

## Course # [5849](#)

### Pre-course Date:

Wednesday, January 2, 2019, 4-5 pm

### Course Dates:

Monday, January 7, 8:30 am – 5:00 pm  
Tuesday, January 8, 8:30 am – 5:00 pm  
Wednesday, January 9, 8:30 am – 5:00 pm  
Thursday, January 10, 8:30 am – 5:00 pm  
Friday, January 11, 8:30 am – 5:00 pm

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

## Course # [5852](#)

### Pre-course Date:

Friday, March 22, 2019 4-5 pm

### Course Dates:

Monday, April 1, 8:30 am – 5:00 pm  
Tuesday, April 2, 8:30 am – 5:00 pm  
Wednesday, April 3, 8:30 am – 5:00 pm  
Thursday, April 4, 8:30 am – 5:00 pm  
Friday, April 5, 8:30 am – 5:00 pm

## Course # [5850](#)

### Pre-course Date:

Friday, February 15, 2019, 4-5 pm

### Course Dates:

Friday, February 22, 4:00 – 8:00 pm  
Saturday, February 23, 8:30 am – 5:00 pm  
Sunday, February 24, 8:30 am – 5:00 pm  
Friday, March 1, 4:00 – 8:00 pm  
Saturday, March 2, 8:30 am – 5:00 pm  
Sunday, March 3, 8:30 am – 5:00 pm

## Course # [5853](#)

### Pre-Course Date:

Friday, April 5, 2019, 4-5 pm

### Course Dates:

Friday, April 12, 4:00—8:00 pm  
Saturday, April 13, 8:30 am—5:00 pm  
Sunday, April 14, 8:30 am—5:00 pm  
Wednesday, April 17, 4:00—8:00 pm  
Thursday, April 18, 4:00—8:00 pm  
Friday, April 19, 4:00—8:00 pm  
Saturday, April 20, 8:30 am—5:00 pm

**UCSC + Cabrillo  
Spring Break!**

## Course # [5851](#)

### Pre-course Date:

Monday, March 18, 2019, 4-5 pm

### Course Dates:

Monday, March 25, 8:30 am – 5:00 pm  
Tuesday, March 26, 8:30 am – 5:00 pm  
Wednesday, March 27, 8:30 am – 5:00 pm  
Thursday, March 28, 8:30 am – 5:00 pm  
Friday, March 29, 8:30 am – 5:00 pm

## Course # [5854](#)

### Pre-Course Date:

Friday, April 12, 2019, 4-5 pm

### Course Dates:

Friday, April 26, 4:00 – 8:00 pm  
Saturday, April 27, 8:30 am – 5:00 pm  
Sunday, April 28, 8:30 am – 5:00 pm  
Friday, May 3, 4:00—8:00 pm  
Saturday, May 4, 8:30 am – 5:00 pm  
Sunday, May 5, 8:30 am – 5:00 pm

For more information call Greg Larson, Aquatics Specialist, at (831) 454-7964  
or email him at [Greg.Larson@santacruzcounty.us](mailto:Greg.Larson@santacruzcounty.us)