

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



## American Red Cross Lifeguard Certification

Learn lifelong skills to prevent and respond to emergencies!

Earn the certification required to work as a pool lifeguard!

### LGT Blended-Learning Courses Fall 2021

Steps to get LGT-  
certified in Fall 2021!

1. Contact us to register for a course after viewing the schedule and checking your calendar— *Online registration is not available due to limited spaces. Participants must attend all skills sessions for the course offering in which they enroll.*
2. Take the pre-course swim assessment at the Swim Center and receive online voucher for access to course materials. Complete all online course content independently, ~8 hours, before attending in-person skill sessions.
3. Attend in-person skill sessions (CPR skills class + 2 days of water-skills). Participants must successfully demonstrate all required CPR and rescue skills and pass a multiple-choice test by at least 80% by course conclusion on the final skills date.

Participants who successfully complete the course will earn 2-year certification in ARC Lifeguarding/First Aid/CPR\*/AED \*equivalent to CPR for Professional rescuers /BLS

### ARC Lifeguard Certification Training Prerequisites

- Must be at least 15 years of age by course completion

- Must Successfully pass 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. Candidates must be able to maintain an upright body position with their head above the surface of the water for the entire time.

***Candidates who cannot complete the pre-course swim assessment before the class begins are not eligible to continue in the American Red Cross Lifeguarding course and will receive a full refund.***

### Program Fee

Resident \$270 / Non-resident \$297.

### Program materials

Digital Course Materials and access to Red Cross Learning Center online content are included in the fee and will be given after participants have registered and completed the pre-course swim assessment.

# American Red Cross Lifeguard Training

## 2021 Fall Blended-Learning Classes at Simpkins Family Swim Center

Full Attendance at all 3 skills dates *within the same course offering* is required

**Course # 25748** -- ending 9/19

**Deadline to Register & Take Pre-course Swim test to Receive online voucher:**  
**Friday, September 10** → complete online course content by **9/15**

**In-Person Skills Dates at SFSC:**

Thursday, 9/16, 4:30 pm – 8:30 pm (CPR, First Aid & Dry-land skills)

Saturday, 9/18, 10:00 am – 5:00 pm (Water skills day 1)

Sunday, 9/19, 10:00 am – 2:30 pm (Water skills day 2 & final test-out day)

**Course # 25753** – ending 9/26

**Deadline to Register & Take Pre-course Swim test to Receive online voucher:**  
**Friday, September 17** → complete online course content by **9/22**

**In-Person Skills Dates at SFSC:**

Thursday 9/23 4:30pm – 8:30pm (CPR, First Aid & Dry-land skills)

Saturday 9/25 10:00am – 5:00pm (Water skills 1)

Sunday 9/26 10:00am – 2:30 pm (Water skills 2 & final test-out day)

**Course # 25756** – ending 10/3

**Deadline to Register, Take Pre-course Swim test & Receive online course voucher:**  
**Friday, September 24** → complete online course content by **9/29**

**In-Person Skills Dates at SFSC:**

Thursday 9/30, 4:30pm – 8:30pm (CPR, First Aid & Dry-land skills)

Saturday 10/2, 10:00am – 5:00pm (Water skills 1)

Sunday 10/3, 10:00am – 2:30 pm (Water skills 2 & final test-out day)

To register, or for more information:  
phone 831-454-7964 or email: [Greg.Larson@santacruzcounty.us](mailto:Greg.Larson@santacruzcounty.us)