



American Red Cross Lifeguard Training

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 front crawl and breaststroke. Must demonstrate rhythmic breathing and a stabilizing, propellant kick.
 - 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.

Program Fee

Resident \$264 / Non-resident \$290**

Program 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 a Lifeguard Training (LGT) course. Upon successful completion of the LGT course, you will receive an American Red Cross LGT certificate, which includes First Aid skills, and is valid for 3 years. You will also receive a certificate in CPR/AED for Lifeguards which is valid for 1 year.

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 or call Annie Morris at 454-7961, email prc130@scparcs.com

See Reverse Side for Course Dates

**A Non-resident is a person(s) living in one of the 4 cities (Santa Cruz, Capitola, Watsonville, Scotts Valley) or one of the 4 special recreation districts (Alba, Opal Cliffs, La Selva Beach, & Boulder Creek).

American Red Cross Lifeguard Training

Course # 9402

Pre-course Date:

Saturday, January 7, 9:00 – 9:30am

Course Dates:

Saturday, January 7, 9:30 – 4:00 pm
Wednesday, January 11, 4:00pm-8:00pm
Thursday, January 12, 4:00 – 8:00pm
Saturday, January 14, 9:00 – 2:00 pm
Wednesday, January 18, 4:00pm-8:00pm
Thursday, January 19, 4:00 – 8:00pm
Saturday, January 21, 9:00 – 2:00 pm

Course #9404

Pre-course Date:

Friday, March 2, 3:30 – 4:00

Course Dates:

Friday, March 9, 4:00 – 8:00pm
Saturday, March 10, 9:00am-4:00pm
Friday, March 16, 4:00 – 8:00pm
Saturday, March 17, 9:00am-4:00pm
Friday, March 23, 4:00 – 8:00pm
Saturday, March 24, 9:00am-4:00pm

Course # 9406

Pre-course Date:

Thursday, March 29, 3:30 – 4:30pm

Course Dates:

Monday, April 9, 9:00am-4:00pm
Tuesday, April 10, 9:00am-4:00pm
Wednesday, April 11, 9:00am-4:00pm
Thursday, April 12, 9:00am-4:00pm
Friday, April 13, 9:00am-4:00pm

Course #9403

Pre-course Date:

Friday, February 3, 3:30 – 4:00pm

Course Dates:

Friday, February 3, 4:00 – 8:00pm
Saturday, February 4, 9:00am-4:00pm
Friday, February 10, 4:00 – 8:00pm
Saturday, February 11, 9:00am-4:00pm
Friday, February 17, 4:00 – 8:00pm
Saturday, February 18, 9:00am-4:00pm

Course # 9405

Pre-course Date:

Thursday, March 29, 3:30 – 4:30pm

Course Dates:

Monday, April 2, 9:00am-4:00pm
Tuesday, April 3, 9:00am-4:00pm
Wednesday, April 4, 9:00am-4:00pm
Thursday, April 5, 9:00am-4:00pm
Friday, April 6, 9:00am-4:00pm

Course #9407

Pre-course Date:

Thursday, April 12, 4:00 – 4:30pm

Course Dates:

Saturday, April 21, 9:00am-4:00pm
Sunday, April 22, 9:00am-1:00pm
Saturday, April 28 9:00am-4:00pm
Sunday, April 29 9:00am-1:00pm
Saturday, May 5, 9:00am-4:00pm
Sunday, May 6, 9:00am-1:00pm

Please call Melissa Corak, Aquatics Specialist, (831) 454-7964 or email her at prc831@scparks.com for more information.