COUNTY OF SANTA CRUZ DEPARTMENT OF

PARKS, OPEN SPACE AND CULTURAL SERVICES

American Red Cross Lifeguard Training

Learn the skills needed to prevent and respond to emergencies! Earn the certification needed to be a lifeguard! For application deadlines refer to the Santa Cruz County job website at www.santacruzcountyjobs.com.

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, and swim 20 yards back to the starting point, keeping your face out of the water the entire time you are swimming back.

Course #6786 for both
Pre-course Date: Tuesday, March 23, 4:00-5:00pm
Course Dates: Monday, March 29, 9:00am-4:30pm
Tuesday, March 30, 9:00am-4:30pm
Wednesday, March 31, 9:00am-4:30pm
Thursday, April 1, 9:00am-4:30pm
Friday, April 2, 9:00am-1:30pm

Course #6787 for both
Pre-course Date: Tuesday, March 23, 4:00-5:00pm
Course Dates: Monday, April 5, 9:00am-4:30pm
Tuesday, April 6, 9:00am-4:30pm
Wednesday, April 7, 9:00am-4:30pm
Thursday, April 8, 9:00am-12:30pm
Friday, April 9, 9:00am-1:30pm

Course #6785 for both
Pre-course Date: Saturday, February 20, 12:30-1:30pm
Course Dates: Friday, March 5, 3:30-7:30pm
Saturday, March 6, 9:00am-4:00pm
Friday, March 12, 3:30-7:30pm
Saturday, March 13, 9:00am–4:00pm
Friday, March 19, 3:30-7:30pm
Saturday, March 20, 9:00am-4:00pm

Course #6788 for both
Pre-course Date: Friday, May 7, 3:30-4:30pm
Course Dates: Friday, May 14, 3:30-7:30pm
Saturday, May 15, 9:00am-4:00pm
Friday, May 21, 3:30-7:30pm
Saturday, May 22, 9:00am-4:00pm
Friday, May 28, 3:30-7:30pm
Saturday, May 29, 9:00am-4:00pm

Program Fee: Resident $230 / Non-resident $253**

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

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 the Professional Rescuer which is valid for 1 year.

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.*

**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).

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