

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!

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 \$240 / Non-resident \$264**

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 the Professional Rescuer 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 #7973

Pre-course Date:

Tuesday, April 12, 4:00-5:00pm

Course Dates:

Monday, April 18, 9:00am-4:00pm

Tuesday, April 19, 9:00am-4:00pm

Wednesday, April 20, 9:00am-4:00pm

Thursday, April 21, 9:00am-4:00pm

Friday, April 22, 9:00am-4:00pm

Course #8661

Pre-course Date:

Saturday, April 16, 12:00-1:00pm

Course Dates:

Friday, April 29, 4:00pm-8:00pm

Saturday, April 30, 9:00am-4:00pm

Friday, May 6, 4:00pm-8:00pm

Saturday, May 7, 9:00am-4:00pm

Friday, May 13, 4:00pm-8:00pm

Saturday, May 14, 9:00am-4:00pm

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