

# LIFEGUARD TRAINING

This course is a combination of Lifeguard Training, CPR for the Professional Rescuer and First Aid for Public Safety Personnel (Title 22). This complete course provides all certifications necessary to obtain employment as a Lifeguard in the State of California. Participants must be at least 15 years of age and bring age verification to the first class meeting. Participants must be able to swim 300 yards continuously with front crawl and breaststroke, complete a 20 yard timed swim with brick retrieval from 7-10 feet of water, and tread water for 2 minutes without hands.

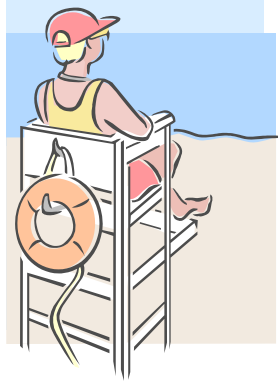
## Course Information

<b>Who:</b>	15 years of age and older		
<b>Location:</b>	Session 1, 2, & 4 :	Antelope Aquatic Complex	7990 Palmerson Drive, Antelope, CA
	Session 3:	Rusch Pool	7801 Auburn Blvd, Citrus Heights, CA
<b>Cost:</b>	\$220 (Includes Pocket Mask)		

**Session 1: Code [6501.101](#)**

**When:** 3/18 - 4/11

Sat & Sun 8:30am - 5:00pm



**Session 3: Code [6501.103](#)**

**When:** 4/10 - 4/14

Mon - Fri 8:30am - 5:00pm

**Session 2: Code [6501.102](#)**

**When:** 4/10 - 4/14

Mon - Fri 8:30am - 5:00pm

**Session 4: Code [6501.104](#)**

**When:** 4/22 - 5/6

Sat & Sun 8:30am - 5:00pm

For more information contact Becky at [bherz@sunriseparks.com](mailto:bherz@sunriseparks.com) or (916) 725-0185

7801 Auburn Blvd.  
Citrus Heights, CA 95610  
(916) 725-1585  
(916) 725-2541 fax

[View Activities & Register Online](#)



**Parks  
Make  
Life  
Better!**

Follow us:

