

2018 LIFE GUARD TRAINING

This American Red Cross course is a combination of Lifeguard Training, CPR for the Professional Rescuer, Administering Emergency Oxygen, 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 using hands.

Register at least one week earlier & complete the 7 hours of the assigned online course work before the first day of class.

Antelope Aquatic Complex Lifeguard Training

7990 Palmerson Drive, Antelope

	Code	Dates	Days	Time
Session 1	6501.101	3/10 - 3/18	Sat & Sun	8:30am - 5:30pm
Session 2	6501.102	3/25 - 3/28	Sun - Wed	8:30am - 5:30pm
Session 4	6501.104	3/29 - 4/1	Thur - Sun	8:30am - 5:30pm
Session 5	6501.105	4/7 - 4/15	Sat & Sun	8:30am - 5:30pm
Session 6	6501.106	4/21 - 4/29	Sat & Sun	8:30am - 5:30pm

Must show ability to swim 300 yards continuously at beginning of first class to stay in the class

Ages: 15+ years

Fee: \$220



American Red Cross

Rusch Pool Lifeguard Training

7801 Auburn Blvd, Citrus Heights

Session	Code	Dates	Days	Time
Session 3	6501.103	3/26 - 3/29	Mon - Thur	8:30am - 5:30pm

For more information contact Colin csmith@sunriseparks.com or

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[View Activities & Register Online](#)



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