

COUNTY OF SANTA CRUZ DEPARTMENT OF _____
PARKS, OPEN SPACE AND CULTURAL SERVICES



American Red Cross Lifeguard Training 2020 With Title 22 Certification

Learn the skills needed to prevent and respond to emergencies!

Earn the certification needed to work as a lifeguard!

Course Prerequisites

- Proof of age 15 by conclusion of course

- Successfully complete the *Pre-course Assessment* prior to the first course date, which requires you to:

- a) Swim 300 yards continuously, demonstrating breath control and rhythmic breathing using both front crawl and breast stroke.
- b) Without the use of goggles, complete the following in under 1 minute, 40 seconds: Starting in the water, swim 20 yards and surface dive to a depth of 7-10 feet to retrieve a 10-pound object; return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object while keeping the face at or near the surface; exit the pool without using a ladder or steps.
- c) Tread water for 2 minutes using only the legs, without support and without stopping. Candidates must be able to maintain an upright body position with their head above the surface of the water for the entire time.

Program Fee

Resident \$310 / Non-resident \$341.

Program materials

Materials are included in the fee and will be distributed at the pre-course session.

Important Reminders

Please keep in mind that full attendance and participation in all class sessions and completion of reading and study outside of class are required to pass both the Lifeguard Training (LGT) and Title 22 courses.

Participants who successfully pass the course will receive 2-year certification in: Lifeguard Training (LGT), CPR/AED for the professional rescuer (CPR-PRO) and Title-22 First Aid for Public Safety Personnel.

How to Register

Register online through ActiveNetwork at www.scparks.com

Or in person at the Simpkins Family Swim Center, 979 17th Avenue, Santa Cruz, CA 95062.

Or by calling 831-454-7953 (9:00 am – 4:00 pm, Monday through Friday)

Registration deadline for each course is the day prior to the scheduled pre-course date.

Those who are unable to complete the pre-course swim assessment prior to the first course date are not eligible to continue in the American Red Cross training course and will receive a full refund.

Lifeguard Jobs at the Simpkins Family Swim Center

Refer to the Santa Cruz County job website at www.santacruzcountyjobs.com, or contact Patti Anderson at 454-7914 or by email: patti.anderson@santacruzcounty.us

See Reverse Side for 2020 Course Dates

American Red Cross Lifeguard Training

2020 Classes at Simpkins Family Swim Center

Registration for all 2020 courses opens Mon. 10/14/19 at 9AM

Aptos High
Winter Break!

Course # [7706](#)

Pre-course Swim Test Date:

Friday, January 3, 2020, 4-5 pm

Course Dates:

Monday, January 6, 8:30 am – 5:00 pm
Tuesday, January 7, 8:30 am – 5:00 pm
Wednesday, January 8, 8:30 am – 5:00 pm
Thursday, January 9, 8:30 am – 5:00 pm
Friday, January 10, 8:30 am – 5:00 pm

Course # [7709](#)

Pre-course Swim Test Date:

Monday, March 30, 2020 4-5 pm

Course Dates:

Monday, April 6, 8:30 am – 5:00 pm
Tuesday, April 7, 8:30 am – 5:00 pm
Wednesday, April 8, 8:30 am – 5:00 pm
Thursday, April 9, 8:30 am – 5:00 pm
Friday, April 10, 8:30 am – 5:00 pm

SC City Schools
Spring Break!

Course # [7707](#)

Pre-course Swim Test Date:

Friday, March 13, 2020, 4-5 pm

Course Dates:

Friday, March 20, 4:00 – 8:00 pm
Saturday, March 21, 9:00 am – 5:00 pm
Sunday, March 22, 9:00 am – 5:00 pm
Friday, March 27, 4:00 – 8:00 pm
Saturday, March 28, 9:00 am – 5:00 pm
Sunday, March 29, 9:00 am – 5:00 pm

Course # [7710](#)

Pre-Course Swim Test Date:

Friday, April 3, 2020, 4-5 pm

Course Dates:

Friday, April 10, 4:00—8:00 pm
Saturday, April 11, 9:00 am—5:00 pm
Wednesday, April 15, 4:00—8:00pm
Thursday, April 16, 4:00—8:00pm
Friday, April 17, 4:00—8:00 pm
Saturday, April 18, 9:00am—5:00 pm
Sunday, April 19, 9:00 am—5:00 pm

Aptos High
Spring Break!

Course # [7708](#)

Pre-course Swim Test Date:

Monday, March 23, 2020 4-5 pm

Course Dates:

Monday, March 30, 8:30 am – 5:00 pm
Tuesday, March 31, 8:30 am – 5:00 pm
Wednesday, April 1, 8:30 am – 5:00 pm
Thursday, April 2, 8:30 am – 5:00 pm
Friday, April 3, 8:30 am – 5:00 pm

Course # [7711](#)

Pre-Course Swim Test Date:

Friday, April 10, 2020, 4-5 pm

Course Dates:

Friday, April 24, 4:00 – 8:00 pm
Saturday, April 25, 9:00 am – 5:00 pm
Sunday, April 26, 9:00 am – 5:00 pm
Friday, May 1, 4:00—8:00 pm
Saturday, May 2, 9:00 am – 5:00 pm
Sunday, May 3, 9:00 am – 5:00 pm

For more information call Greg Larson, Aquatics Specialist, at (831) 454-7964
or email him at Greg.Larson@santacruzcounty.us