

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



American Red Cross Lifeguard Training 2018

With Title 22 Certification

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, demonstrating breath control and rhythmic breathing. Candidates must swim using front crawl, breast stroke, or a combination of both techniques.
 - b) Complete the following in under 1 minute, 40 seconds: Swim 20 yards, surface dive to a depth of 8 feet, retrieve a 10-pound object without the use of goggles, return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface, place object on side of pool, and exit the pool without using a ladder or steps.
 - c) Tread water for 2 minutes using only the legs. Candidates must be able to maintain a vertical body position with the head above the surface of the water 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 participation in all class sessions and completion of reading assignments before each class is 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 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, call Annie Morris at 454-7914 or email Annie.Morris@santacruzcounty.us

See Reverse Side for Course Dates

American Red Cross Lifeguard Training

2018 Classes

**Aptos High
Winter Break!**

Course # 18046

Pre-course Date:

Tuesday, January 2, 2018, 3:30 – 4:30 pm

Course Dates:

Monday, January 8, 8:30 – 5:00pm

Tuesday, January 9, 8:30 – 5:00 pm

Wednesday, January 10, 8:30 – 5:00 pm

Thursday, January 11, 8:30– 5:00 pm

Friday, January 12, 8:30 – 5:00 pm

**Aptos High + SC
City Schools Spring
break!**

Course #18049

Pre-course Date:

Friday, March 23, 2018 3:30 – 4:30 pm

Course Dates:

Monday, April 2, 8:30 – 5:00 pm

Tuesday, April 3, 8:30 – 5:00 pm

Wednesday, April 4, 8:30 – 5:00 pm

Thursday, April 5, 8:30 – 5:00 pm

Friday, April 6, 8:30 – 5:00 pm

**Night/Weekend
class!**

Course # 18047

Pre-course Date:

Friday, February 16, 2018, 3:30 – 4:30 pm

Course Dates:

Friday, February 23, 4:00 – 8:00 pm

Saturday, February 24, 8:30 – 5:00 pm

Sunday, February 25, 8:30 – 5:00 pm

Friday, March 2, 4:00 – 8:00 pm

Saturday, March 3, 8:30 – 5:00 pm

Sunday, March 4, 8:30 – 5:00 pm

**Night/Weekend
Class!**

Course # 18050

Pre-Course:

Friday, April 6, 2018, 3:30 – 4:30 pm

Course Dates:

Friday, April 13, 4:00—8:00 pm

Saturday, April 14, 8:30 am – 5:00 pm

Sunday, April 15, 8:30 am – 5:00 pm

Friday, April 20, 4:00—8:00 pm

Saturday, April 21, 8:30 am – 5:00 pm

Sunday April 22, 8:30am— 5:00pm

**UCSC + Cabrillo
Spring Break!**

Course # 18048

Pre-course Date:

Monday, March 19, 2018, 3:30 – 4:30 pm

Course Dates:

Monday, March 26, 8:30 am – 5:00 pm

Tuesday, March 27, 8:30 am – 5:00 pm

Wednesday, March 28, 8:30 am – 5:00 pm

Thursday, March 29, 8:30 am – 5:00 pm

Friday, March 30, 8:30 am – 5:00 pm

**Night/Weekend
Class!**

Course # 18051

Pre-Course:

Friday, April 6, 2018, 3:30 – 4:30 pm

Course Dates:

Friday, April 20, 4:00 – 8:00 pm

Saturday, April 21, 8:30am – 5:00 pm

Sunday, April 22, 8:30am – 5:00 pm

Friday, April 27, 4:00—8:00pm

Saturday, April 28, 8:30am – 5:00 pm

Sunday, April 29, 8:30am – 5:00 pm

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