

COUNTY OF SANTA CRUZ DEPARTMENT OF \_\_\_\_\_  
**PARKS, OPEN SPACE AND CULTURAL SERVICES**



Steps to get LGT-  
certified with  
County Parks in  
Spring 2022:

## American Red Cross Lifeguard Certification

Learn the skills to prevent and respond to emergencies!

Earn the certification required to work as a pool lifeguard!

### Blended-Learning Courses Spring 2022

1. Contact us to register for a course & arrange for a swim test time after viewing the schedule and checking your calendar— *Online registration is not available. Participants must attend all skills dates for the course offering in which they enroll.*
2. Complete the pre-course swim test and receive access to online course materials. Participants must complete the online course independently (approx. 7 hours) before attending in-person skill sessions.
3. Attend in-person skill sessions. Attendance at all 3 dates is required; Participants must be able to demonstrate all required CPR and rescue skills and pass a multiple-choice test with at least 80% by course conclusion to earn lifeguard certification.

Participants who successfully complete the course will earn 2-year certification in ARC Lifeguarding/First Aid/CPR\*/AED \*equivalent to CPR for Professional rescuers

### American Red Cross Lifeguarding Prerequisites

- Must be at least 15 years of age by course completion

- Successfully pass the *Pre-course Assessment* prior to the first class, which requires you to:

- a) Swim 300 yards continuously, demonstrating breath control and rhythmic breathing using both front crawl and breaststroke.
- b) Without the use of goggles, complete the following in under 1 minute, 40 seconds: Starting in the water, swim 20 yards and 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 the surface; 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 an upright body position with their head and neck above the water for the entire time.

***Candidates who cannot complete the pre-course swim assessment before the class begins are not eligible to continue in the American Red Cross Lifeguarding course and will receive a full refund. Refunds are not available for candidates who do not complete the certification course.***

### Program Fee

Resident \$220 / Non-resident \$242.

### Program materials

Course Materials and access to Red Cross Learning Center online content are included in the fee and will be provided after participants have registered and completed the pre-course swim assessment.

# American Red Cross Lifeguard Training

2022 Spring Blended-Learning LGT offered by Santa Cruz County Parks Dpt.

[Course #26030](#) -- certification date: 3/6

Pre-course & registration deadline: **Friday, February 25 @ Harvey West Pool**

Complete LGT online course on the Red Cross Learning Center by 3/2

**In-Person Skills Dates\*:** \*Please note class locations

Thursday, 3/3, 4:00 pm – 8:00 pm CPR-Pro @ SFSC lobby

Saturday, 3/5, 10:00 am – 4:00 pm Water skills day 1 @ Harvey West Pool

Sunday, 3/6, 10:00 am – 4:00 pm Water skills day 2 @ Harvey West Pool

[Course #26031](#) -- certification date: 3/20

Pre-course & registration deadline: **Friday, March 11 @ Harvey West Pool**

Complete LGT online course on the Red Cross Learning Center by 3/16

**In-Person Skills Dates\*:** \*Please note class locations

Thursday, 3/17, 4:00 pm – 8:00 pm CPR-Pro @ SFSC lobby

Saturday, 3/19, 10:00 am – 4:00 pm Water skills day 1 @ Harvey West Pool

Sunday, 3/20, 10:00 am – 4:00 pm Water skills day 2 @ Harvey West Pool

[Course #26032](#) -- certification date: 4/3

Pre-course & registration deadline: **Friday, March 25 @ Harvey West Pool**

Complete LGT online course on the Red Cross Learning Center by 3/30

**In-Person Skills Dates\*:** \*Please note class locations

Thursday, 3/31, 4:00 pm – 8:00 pm CPR-Pro @ SFSC lobby

Saturday, 4/2, 10:00 am – 4:00 pm Water skills day 1 @ Harvey West Pool

Sunday, 4/3, 10:00 am – 4:00 pm Water skills day 2 @ Harvey West Pool

[Course #26033](#) -- certification date: 4/10

Pre-course & registration deadline: **Friday, April 1 @ Harvey West Pool**

Complete LGT online course on the Red Cross Learning Center by 4/6

**In-Person Skills Dates\*:** \*Please note class locations

Thursday, 4/7, 4:00 pm – 8:00 pm CPR-Pro @ SFSC lobby

Saturday, 4/9, 10:00 am – 4:00 pm Water skills day 1 @ Harvey West Pool

Sunday, 4/10, 10:00 am – 4:00 pm Water skills day 2 @ Harvey West Pool

[Course #26034](#) -- certification date: 4/24

Pre-course & registration deadline: **Friday, April 15 @ Harvey West Pool**

Complete LGT online course on the Red Cross Learning Center by 4/20

**In-Person Skills Dates\*:** \*Please note class locations

Thursday, 4/21, 4:00 pm – 8:00 pm CPR-Pro @ SFSC lobby

Saturday, 4/23, 10:00 am – 4:00 pm Water skills day 1 @ Harvey West Pool

Sunday, 4/24, 10:00 am – 4:00 pm Water skills day 2 @ Harvey West Pool

[Course #26035](#) -- certification date: 5/1

Pre-course & registration deadline: **Friday, April 22 @ Harvey West Pool**

Complete LGT online course on the Red Cross Learning Center by 4/27

**In-Person Skills Dates\*:** \*Please note class locations

Thursday, 4/28, 4:00 pm – 8:00 pm CPR-Pro @ SFSC lobby

Saturday, 4/30, 10:00 am – 4:00 pm Water skills day 1 @ Harvey West Pool

Sunday, 5/1, 10:00 am – 4:00 pm Water skills day 2 @ Harvey West Pool

For more information, availability, or to register:  
phone 831-454-7964 or email: [swimcenter@scparcs.com](mailto:swimcenter@scparcs.com)