



Train to Be a Lifeguard!

American Red Cross Lifeguard/ First Aid/ CPR/ AED Course

Dates: February 8-16, 2019, plus **ONE** precourse date (see dates below)

Times: Fridays 4:30-9:00pm
Saturdays 12:30-7:00pm
Sunday 2:30-7:00pm

Location: Richmond Swim Center (RSC)
4300 Cutting Blvd (next to Kennedy High School, entrance on S. 45th Street)

***Cost:** \$160 Residents/\$200 Non-Residents (total cost)
\$35 for pre-course only
\$125 Residents/\$165 Non-Resident for class

Come to **ONE**** Mandatory Pre-Course (at RSC):

- Sat 1/26 at 1:00pm
- Sun 1/27 at 3:30pm
- Sat 2/2 at 1:00pm
- Sun 2/3 at 3:30pm

Participants must complete the following successfully:

- ✓ Swim 300 yards continuously (front crawl, breaststroke, or combination)
- ✓ Tread water for 2 minutes using only legs
- ✓ Timed event: Swim 20 yards, surface dive in 7+ feet water, retrieve a 10 lb object from bottom, swim back to side holding object, exit pool without use of ladder

To receive American Red Cross Certificate in Lifeguarding/ First- Aid/ CPR/ AED, valid for two years, participants must:

- Be at least 15 years of age by 2/16/19
- Pass the pre-course test
- Attend all classes
- Demonstrate competency in all required skills, activities, and final rescue scenarios
- Correctly answer at least 80 percent of the questions in both sections of the final written exam

Additional Information:

Daily sessions involve in and out-of-water segments. Breaks are provided. Please bring swim suit, towel(s), goggles, 1-2 warm changes of clothing, **snacks, lunch/dinner & water** each day.

***Participants register & pay separately for pre-course & LG Training. Advanced registration is required for Pre-Course. Participants will be directed to register and pay for the Lifeguard Course only after passing the pre-course test. All fees are non-refundable. Min/Max: 4/10 – class will be canceled if we do not have 4 students*

***Please call the pool, or email Paula (email below), at least two days in advance to RSVP for your pre-course date*

For Registration information, call (510) 620-6793. For information about the Lifeguard course or employment opportunities with City of Richmond, email paula_cooper-tipton@ci.richmond.ca.us