



# Train to Be a Lifeguard!

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

**Dates:** September 6-8, 2019

plus **ONE** precourse date (please RSVP to one of the dates listed below)

**Times:**

Friday 9/6	5:00-9:00pm
Saturday 9/7	9:00-6:00pm
Sunday 9/8	9:00-6:00pm

**Location:** Richmond Swim Center (RSC)  
4300 Cutting Blvd (next to Kennedy High School, entrance on S. 45<sup>th</sup> 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 (check location)

- Sat 8/24 at 1:00pm (at RSC)
- Sun 8/25 at 3:00pm (at Plunge)
- Sat 8/31 at 1:00pm (at RSC)
- Sun 9/1 at 3:00pm (at Plunge)

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 9/8/19
- Pass the pre-course test
- Complete online study course prior to first class
- 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. Upon passing pre-course, online course information will be emailed to participant. 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**