



American Red Cross Lifeguard Training

Scripps Aquatics will offer five separate ARCLG training's throughout the fall & winter. Classes are all scheduled as two consecutive weeks Friday 6:00-9:00pm, Saturday 9:00am-5:00pm, and Sunday 9:00am-5:00pm. The student must attend all sessions and pass the Red Cross Exams to pass; class times are subject to change.

Each student will receive CPR pocket mask and a Red Cross Lifeguard training textbook. Class includes the use of CPR practice mannequins, and American Red Cross video training and a certified professional instructor.

Open to anyone interested in Lifeguarding 15 years of age older. Upon completion of class and satisfactory test scores you will earn American Red Cross Lifeguard Training, CPR, and First Aid for the Professional Rescuer Certifications.

Total cost is \$200.00 for Lifeguard Training, Class size is limited. **Swimming and treading water skills are part of basic requirements, you must pass a basic skills test on the first day to continue training.** If you withdraw from the class after not passing the basic skills test you will be refunded \$180.00, \$20.00 processing fee will be retained by SRSRC.

If you sign up for the class and cannot attend for any reason you may receive partial refund or transfer to another class with a transfer fee of \$20.00. Please call the Aquatics Directors Voicemail (858) 271-6222 ext. 129 if you need to transfer or wish to cancel your enrollment. If you fail the course there is no refund.

Dates of classes:

Class 1: September 20, 21, 22, 27, 28, 29

Class 2: November 15, 16, 17, 22, 23 & 24

Class 3: December 20, 21, 22, 27, 28, & 29

Class 4: January 10, 11, 12, 17, 18, & 19

Class 5: February 14, 15, 16, 21, 22, & 23

Enroll by calling (858) 271-6222 with a credit card or come to the Aviary location 9875 Aviary Drive, San Diego CA 92131 to sign up in person.

Title 22 (California State first aid standards for public safety personnel for those who are looking to lifeguard at a city or state facility) may be added to your training for an additional \$60.00, this class will be scheduled by the instructor based on the number of students that require the training, and will be arranged and scheduled to be one weekend after the Lifeguard training class.

Basic Skills Test first day of Class American Red Cross Lifeguard Training

To enroll you must be at least 15 years of age before the last scheduled class session. To participate in the class you must be able to demonstrate the following skills as part of the first class Skills Evaluation:

1. Swim 300 yards continuously: first swimming 100 yards of front crawl breathing to the side or the front, and using stabilizing, propellant kick. Then swim the next 100 yards of breast stroke using a pull, breathe, kick, and glide sequence. Finally, complete the last 100 yards with any combination of breast stroke and front crawl.
2. The next skill the participant will begin in the water and swim 20 yards freestyle or breast stroke, surface dive 7-10 feet, retrieve a 10 lb. object, return to the surface, swim back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.

The Skills Evaluation will occur on the first day, if a participant cannot execute the skills they will not continue in the lifeguarding course (see refund info above). Please bring a swimsuit and towel for the skills evaluation and for every class meeting. Take precautions to protect yourself from a long day outdoors in the sun.