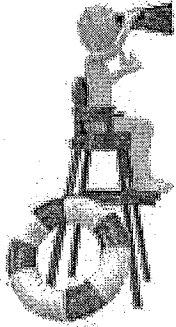




THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
 "WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



*Together, we can save a life*



# LIFEGUARD TRAINING AT SWANSON MEMORIAL POOL

3585 GOVERNOR DRIVE • SAN DIEGO, CA 92122 • (858) 552-1653 • [WWW.SANDIEGO.GOV](http://WWW.SANDIEGO.GOV)

## COURSE FEES: \$190.00 City of San Diego + \$35.00 American Red Cross Fee

This includes Lifeguarding, CPR for the Professional Rescuer, First Aid for Public Safety Personnel [Title 22] and American Red Cross support service fees. Preregistration is not required, however prior to the try out on the first day you will need to create an account at [www.sdreconnect.com](http://www.sdreconnect.com), and minors will need a Liability Waiver Form signed by a parent or guardian.

### COURSE PREREQUISITES - Completed on the first day

- \* 300 yard continuous swim using front crawl, breaststroke or a combination of both
- \* 20 yard swim, deep end retrieval of a 10 pound object, and 20 yard swim while holding onto the object - must be completed in no more than 1 minute and 40 seconds
- \* Tread water for 2 minutes using only your legs
- \* Be 15 years of age by January 2, 2016

### Initial Try Out

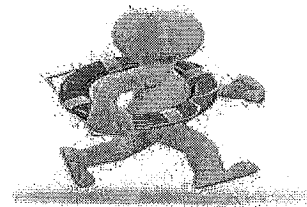
Saturday, December 19, 2015 9:00 am

### Class Schedule

|                        |                  |
|------------------------|------------------|
| Saturday, December 19  | 1:00pm – 5:00pm  |
| Monday, December 21    | 12:00pm – 4:00pm |
| Wednesday, December 23 | 12:00pm – 4:00pm |
| Saturday, December 26  | 9:00am – 5:00pm  |
| Monday, December 28    | 12:00pm – 4:00pm |
| Wednesday, December 30 | 12:00pm – 4:00pm |
| Saturday, January 2    | 9:00am – 5:00pm  |

Upon successful completion of this course, participants will receive American Red Cross Certificates in: Lifeguarding/First Aid/CPR/AED and First Aid for Public Safety Personnel [Title 22].

Textbooks are required by the first day of class. You may download **FREE** digital materials instantly at [redcross.org](http://redcross.org) or you may purchase an affordable printed format by ordering online at [www.redcrossstore.org](http://www.redcrossstore.org). The Lifeguarding Participants Manual is stock # 655735. The Emergency Medical Response Manual is #656540. You will also be required to bring a CPR pocket mask #329705.



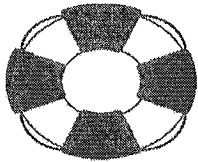
**ATTENDANCE AT ALL CLASSES IS  
 MANDATORY**

**NO REFUNDS  
 NO EXCEPTIONS**

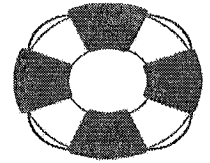
Including, but not limited to: not passing the prerequisite swim, injury, illness, absence, tardy, and/or not successfully completing assignments and practical skills.

**If you have any questions about this class,  
 please call David Fullen at the Swanson  
 Memorial Pool at (858) 552-1653.**

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525-8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.



City of San Diego - Park & Recreation Department  
Lifeguarding and Water Safety Instructor Classes



*Please contact the site pool manager for details on prerequisites, fees, and specific dates & times*

Memorial Park Pool

2902 Marcy Ave  
619-235-1139

**Lifeguard Instructor Course**

December 8, 10, 12 & 13, 2015

**Pre-testing required;**

Contact Instructor Trainer Mark Esquivel for details

City Heights Swim Center

4380 Landis Street,  
619-641-6126

**SAVE Program**

**Lifeguarding/Title 22**

Feb. 27 - March 27, 2016

**Tryouts Feb 27, 2015 @ 9:00am**

Instructor Nicole McNeil



Swanson Pool

3585 Governor Dr,  
San Diego, CA 92122  
858-552-1653

**Winter Break**

**Lifeguarding/Title 22**

Dec. 19, 2015- Jan. 2, 2016

Instructor David Fullen

Kearny Mesa Pool

3170 Armstrong St.  
San Diego, CA 92111  
858-573-1389

**Lifeguarding/Title 22**

February 12-27, 2016

Instructor Bob Modell

Vista Terrace Pool

301 Athey Ave.  
San Diego, CA 92173  
858-552-1621

**Lifeguarding/Title 22**

January 23-Feb. 20, 2016

Instructor Guito Flores

Tierrasanta Community Pool

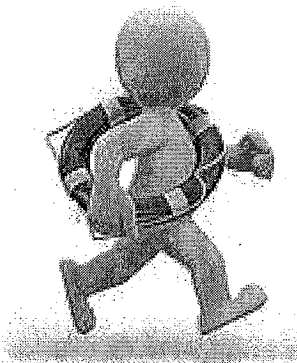
11238 Clairemont Mesa  
Blvd.  
San Diego, CA 92124  
858-636-4837

**Water Safety Instructor**

**December 19-30, 2015**

**Prerequisite tryout Dec. 12**

**At 9:00 am**



Tierrasanta Community Pool

11238 Clairemont Mesa  
Blvd.  
San Diego, CA 92124  
858-636-4837

**Water Safety Instructor**

**Memorial Day Blowout!**

**May 27-30 2016**

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