

Lifeguard Training

El Cerrito Swim Center

Obtaining certification in American Red Cross Lifeguarding will provide you with the skills necessary to work as a lifeguard and to help protect and save lives. It is the key to opening the door to a career in aquatics. Whether it's your first time learning how to lifeguard or you need to brush up on your rescue skills, our lifeguarding courses can help you reach your goals. Participants who successfully pass all practical and written skills tests will receive certification in American Red Cross Lifeguard Training, First Aid, & CPR/AED.



Prerequisites

- Candidates must be 15 years old by the last date of the session.
- Be able to swim 300 yards using both front crawl stroke and breast stroke.
- Be able to swim 20-yards, surface dive into 7-feet of water to retrieve a 10lb brick with hands and swim back to wall and climb out.
- Tread water for 2-minutes with no hands
- Must have access to a computer and internet to complete required online lessons before first in-person class date.

Dates	Days	Times	Res.	N-Res.	Activity
4/2–4/6/18	Mon–Fri	1:30–6pm	\$150	\$190	143504_01
4/9–4/13/18	Mon–Fri	10:30am–3:30pm	\$150	\$190	143504_02
Recertification* 5/4–5/5/18	Fri & Sat	Fri: 5–9pm Sat: 9am–6pm	\$100	\$150	143504_04
6/11–6/14/18	Mon–Thu	9am–3pm	\$160	\$192	243504_01
6/21–6/24/18	Thu–Sun	Thu/Fri: 4–8pm Sat/Sun: 9am–3pm	\$160	\$192	243504_02

***Must possess a current Red Cross lifeguard certification**



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