

# Lifeguard Training

**GET A JUMP  
ON A GREAT  
SUMMER  
JOB!**



**Learn how to save a life!  
Become an American Red Cross Lifeguard!**

## Lifeguard Training

15+ yrs

After successful completion, the American Red Cross will issue certificates in Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid, Administering Emergency Oxygen and Title 22.

Bring swimsuit, towel, resuscitation mask (provided), and lunch each day. This class consists of approximately six hours of online learning, which must be completed before the first class. Attendance is required at all class meetings.

PH Aquatic Park: 147 Gregory Lane  
\$270/\$250 (Dist. Res.)

**Thurs.-Saturday**

**8715.702** 12/27-1/4 9:00 am-5:30 pm

**Saturday/Sunday**

**8715.801** 2/8-2/23 9:00 am-4:00 pm

**8715.802** 3/2-3/16 9:00 am-4:00 pm

**8715.803** 4/7-4/11 9:00 am-5:30 pm

**8715.804** 4/12-4/27 9:00 am-5:30 pm

No Class 4/20

## Lifeguarding Recertification

16+ yrs

For those who have taken a lifeguard training course and need to renew their certifications. Course includes lecture and video review, skills practice and testing (written and skills). Upon successful completion, the American Red Cross will issue certificates in Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid. Bring lunch. Must provide proof of current certifications.

PH Aquatic Park: 147 Gregory Lane  
\$210/\$190 (Dist. Res.)

**8717.701** 11/25-11/26 M/Tu 9:00 am-5:00 pm

**8717.801.** 2/7-2/8 F/Sa 4:00 pm-7:00 pm  
9:00 am-4:00 pm

**8717.802** 3/22-3/23 Sa/Su 9:00 am-2:30 pm

**8717.803** 5/9-5/10 F/Sa 4:00 pm-7:00 pm  
9:00 am-4:00 pm

**Visit PleasantHillRec.com for prerequisites, which must be completed at first class.**



## FREE! So, You Think You Want To Be a Lifeguard?

14 yrs & up

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

If you are interested in becoming a lifeguard and want to improve your swimming skills, this is the class for you! Sessions allow participants to practice their swimming skills required to pass the lifeguard training prerequisites.

**FREE** 11/1-3/22 Sa 9:00-10:00 am  
No class 11/30

**LEARN  
IMPORTANT  
LIFE-LONG  
SKILLS!**



**Register here:**

[PleasantHillRec.com](http://PleasantHillRec.com) | (925) 682-0896

