Parks, Recreation and Community Services

Lifeguard Training 2014

ATTENTION!

Are you 15 or older and looking for a great summer job of teaching swim lessons and making a difference in people's lives?

American Red Cross Lifeguard training at Palm Park is the best place to start!

Being a Lifeguard puts you in an exciting position working as part of a team to help people safely enjoy the water.

Lifeguard Tryout Day

for 2014 Summer Employment
March 8, 2014 9 a.m.-1 p.m.
Tryouts held at Palm Park
Participants need to be currently certified or attend one of our Lifeguard Training Classes

Because of the City's nepotism policy, applicants cannot be related to anyone currently working at the Parks, Recreation, and Community Services Department

Course Prerequisite:
Need to be at least 15 years old and pass a Prerequisite Skills Test.

Attendance:
Participants need to attend all classes of the session they are enrolled in.

ALL CLASSES HELD AT PALM PARK

Class Dates:		Time:
Session 1		
2/8 - 2/9	S/Su	8 a.m.– 4 p.m.
2/15 - 2/16	S/Su	8 a.m.– 4 p.m.
Session 2		
2/22 - 2/23	S/Su	8 a.m.– 4 p.m.
3/1 - 3/2	S/Su	8 a.m.– 4 p.m.

Fee: $172 Resident Discount Fee: $152

Please pack a lunch and bring a towel and swimsuit to each class.

PREREQUISITE SKILLS TEST

- Swim 300-yards continuously using the front crawl and/or breaststroke
- Tread water for 2 minutes using only the legs.
- Within 1 minute and 40 seconds, swim 20 yards, retrieve a 10-pound object from the bottom of the pool, and swim back to the starting point with the object and exit the pool unassisted.

Refunds will not be given for those who enroll and are not able to pass the Prerequisite Skills Test.

Students who successfully complete the class will be trained and certified in American Red Cross Lifeguarding, CPR/AED for the Professional Rescuer, and Standard First Aid

REGISTRATION STARTS ON DECEMBER 9, 2013

www.WhittierRec.com

Parks, Recreation and Community Services Dept.
Palm Park, 5703 Palm Ave., Whittier, CA 90602

For more information, please call (562) 908-3666