



# WATER SAFETY INSTRUCTOR

In this course you will learn the knowledge and skills necessary to become certified to teach American Red Cross Swimming and Water Safety Classes.

**Swanson Pool**  
 3585 Governor Dr,  
 San Diego, CA 92122  
 858-552-1653  
 \$180.00 + \$35.00 ARC Fee  
**Dec. 20, 2014-Jan. 11, 2015**  
 Saturdays

**Try out & Registration**  
**Saturday December 20 12:00pm**  
 Pre course work required; call pool!

**Tierrasanta Community Pool**  
 11238 Clairemont Mesa Blvd.  
 San Diego, CA 92124  
 858-636-4837  
 May 2015

(Fees, Dates & Times TBD)  
**Pre-registration required**

### Prerequisites:

**Each participant must be able to fulfill the following on the first day:**

- Be 16 years of age by the end of the class (Proof of age required upon registration)
- Demonstrate the ability to perform the following swimming skills using the proper technique:

Front Crawl-25 yards	Back crawl-25 yards
Breaststroke-25 yards	Elementary backstroke-25 yards
Sidestroke-25 yards	Butterfly-15 yards
Float on back 1 minute	Tread water for 1 minute

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THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
 "WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"  
[WWW.SANDIEGO.GOV](http://WWW.SANDIEGO.GOV)

## Lifeguarding & Water Safety Instructor Classes Employment Opportunities!



### We're hiring for 2015! Save lives! Be a leader!



**Pool Guard I** starts at \$11.98/hr.

**Pool Guard II** starts at \$13.17/hr.

*(Minimum age is 16 years at time of application)*

**Pool Manager I** starts at \$15.12/hr.

**Pool Manager II** starts at \$17.70/hr.

**Pool Manager III** starts at \$19.48/hr.

*(Minimum age for Pool Manager positions is 18 years at time of application and applicants must also possess an Emergency Medical Response or higher certification)*

**ALL APPLICANTS MUST APPLY ONLINE**

**Application period opens October 28, 2014 and closes March 18, 2015**

Apply online at [www.sandiego.gov/empopp](http://www.sandiego.gov/empopp)

**Questions? Call the Aquatics District Office at (619) 525-8284**

# Lifeguard Training Courses

Please contact site pool manager for specific dates and times.



## City Heights Swim Center

4380 Landis Street,  
619-641-6126

### **S.A.V.E. Program**

\$70.00

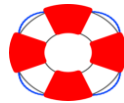
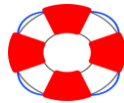
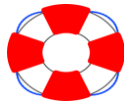
Saturdays & Sundays

February 21 - March 22

**Tryout February 21, 2015**

**@ 9:00am**

The Spring Aquatic Vocational Education (S.A.V.E) Program offers individuals an opportunity to participate in a Lifeguard Training Course offered at an affordable cost. The Program is limited to 30 participants. Attendance at all scheduled classes is mandatory. Upon successful completion of this course, candidates are required to complete at least 30 hours of volunteer work at an authorized aquatic facility.



### **Prerequisites: Each participant must be able to fulfill the following on the first day:**

- Be 15 years of age by the end of the class (*Proof of age will be required upon registration*)
- 300 yard continuous swimming using front crawl, breaststroke or a combination of both.
- Swim 20 yards, surface dive feet first or head first, to a depth of 7 to 10 feet to retrieve a 10-pound brick. Return to the surface and swim 20 yards, holding the 10- pound brick with both hands, exit the water without using the ladder or steps. All must be completed in no more than 1 minute and 40 seconds.
- Tread water 2 minutes, legs only.



Participants successfully passing the lifeguard training course will receive the following American Red Cross certifications:

- ◆ Lifeguard Training and First Aid
- ◆ CPR for the Professional Rescuer
- ◆ Title 22 First Aid for Public Safety Personnel

## Allied Gardens Pool

6707 Glenroy Ave.  
San Diego, CA 92120  
619-235-1143

\$169.00 + \$35.00 ARC Fee  
Saturdays & Sundays  
**December 6-21, 2014**  
Call pool for tryout dates/times

## Clairemont Pool

3505 Clairemont Dr.  
San Diego, CA 92117  
858-581-9923

\$169.00 + \$35.00 ARC Fee  
Saturday, Sundays  
& Mondays  
**December 20-29, 2014**

Try out & Registration:  
Saturday December 13 9:00am  
-Or-  
Friday December 19 4:00pm

## Carmel Valley Pool

3777 Townsgate Dr.  
San Diego, CA 92130  
858-552-1621

\$169.00 + \$35.00 ARC Fee  
Tuesdays, Thursdays &  
Saturdays  
**March 7-21, 2015**  
Pre-registration required



*Together, we can save a life*