

Lifeguard Training

American Red Cross Lifeguard Training includes certifications in Lifeguarding, First Aid, CPR/AED for Lifeguards, Oxygen Administration and Preventing Disease Transmission upon successful completion of all practical skills and written tests. Prerequisite: Must be 15 years old, able to swim 300 yards non-stop, recover a 10 lb weight from 7ft of water, and tread water for 2 minutes with no hands. **Scholarships are available for this program!**

Ages 15+

6 Classes \$200(R/GO)/\$250(N)

San Ramon Olympic Pool

7/7 - 7/19 Act# 91085

Mon, Wed 5:30pm-9:00pm

Sat 9:00am-5:00pm

Star Guards Aquatic Camp

The City of San Ramon's Star Guard Aquatic Camp offers participants a day of structured aquatic activities and free time for Recreation Swim. Star Guards will be introduced to water safety, lifeguarding, CPR and First Aid skills. Participants will improve in their swimming ability and be introduced to various aquatic activities, such as, water exercise, water polo, and swimming. Recreation swim will be available for participants on class days from 3pm - 4pm for a reduced fee. Participants must bring a lunch with them to class. Prerequisite: Participants must be able to swim at least 25 yards to participate in the Star Guards Program.

Ages 9 - 12

San Ramon Olympic Pool

9 Classes \$250(R/GO)/\$313(N)

Mon-Fri 6/23 - 7/3 10:00 am-3:00pm Act #89821

No Class 7/4/14

10 Classes \$275(R/GO)/\$344(N)

Mon-Fri 8/4 - 8/15 10:00am-3:00pm Act #89822

Jr. Lifeguard - Basics

An introduction course designed to physically train and mentally prepare young adults for the demanding job lifeguarding. Throughout the course participants will be introduced to a leadership course to teach good decision making, work ethic, professionalism and develop characteristics such as leadership, responsibility, and teamwork. Participants will be introduced to First Aid/CPR as well as injury prevention. Participants will also focus on the physical aspects of what it takes to be a lifeguard. Activities include physical fitness exercises in the pool, water based rescues, and First Aid and CPR training. Fee includes a Junior Guard rash guard.

Ages 12 - 15

16 Classes \$200(R/GO)/\$250(N)

San Ramon Olympic Pool

Mon-Thu 6/23 - 7/17 1:00pm- 4:00pm Act #89818

Mon-Thu 7/21 - 8/14 1:00pm- 4:00pm Act #89819

Dougherty Valley Aquatic Center

Mon-Thu 6/23 - 7/17 1:00pm- 4:00pm Act #89820

Jr. Lifeguard - Advanced

This course will put the skills from the Basics program to work while continuing to further train and prepare for the demanding job of lifeguarding. This course will introduce advanced lifeguarding skills, including; rescues, First Aid and CPR. Participants will build their leadership and teamwork skills as well as training for the physical aspects of the job. Upon completion participants should have the knowledge and ability to become a lifeguard. Fee includes a Junior Guard T-Shirt. Prerequisite: Must have completed Junior Lifeguard - Basics.

Ages 12 - 15

16 Classes \$200(R/GO)/\$250(N)

San Ramon Olympic Pool

Mon-Thu 7/21 - 8/14 1:00pm- 4:00pm Act #89816

Dougherty Valley Aquatic Center

Mon-Thu 7/21 - 8/14 1:00pm- 4:00pm Act #89817

