

LIFEGUARD TRAINING



Do you find yourself trying to figure out how you are going to keep busy after school and during the summer? We have the perfect thing for you! Become a Lifeguard for the San Ramon Olympic Pool or the Dougherty Valley Aquatic Center!

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.

After completing the Lifeguard Training class and receiving certification, participants who are hired for and work as a lifeguard with the City of San Ramon will be eligible for a \$50 reimbursement toward the training class fee.



LIFEGUARD TRAINING

Activity # 102480—6 classes

March 14-25, 2017

Tues/Thurs—5pm-8:30pm

Sat—9am-5pm

Location: San Ramon Olympic Pool



LIFEGUARD TRAINING

Activity # 102481

5 classes

April 3-7, 2017

Mon-Fri—9:15am-3:30pm

Location: San Ramon Olympic Pool



LIFEGUARD TRAINING

Activity # 102482—6 classes

April 8-22, 2017

Mon/Wed—5pm-8:30pm

Sat—9am-5pm

Location: San Ramon Olympic Pool

Sat 4/22 will be held at Dougherty Valley Aquatic Center

Ages 15+

(Must be 15 by the last day of class)

\$220(R/Go)/\$275(N)

Pre-requisite: Must be able to swim 300 yards non-stop, recover a 10lb weight from 7ft of water, and tread for two min. without hands.

SCHOLARSHIP FUNDS AVAILABLE FOR TRAINING! Apply at:

<http://www.sanramon.ca.gov/Parks/Scholarship.htm>



**American
Red Cross**



San Ramon Parks & Community Services

9900 Broadmoor Drive · T: (925) 973-3240 · F: (925) 828-3427 · www.SanRamon.ca.gov/parks

Register: SanRamonRecGuide.com · Tickets: SanRamonPerformingArts.com · Email: parks@sanramon.ca.gov

The City of San Ramon is offering a new incentive to work as part of our Lifeguard team this coming spring/summer.

As a registered participant in one of our upcoming Lifeguard Training classes you may be eligible to receive \$50 of your registration fee back if you meet the following requirements:

- Successfully complete your Lifeguard Training class,
- Offered a position and work as a Lifeguard with the City of San Ramon

**After your second week of work, the City will refund you
\$50 of you registration fee.**

Benefits of working as a Lifeguard for the City of San Ramon:

- Work with over 100 other lifeguards, so there's plenty of opportunity to meet people and make lifelong friends
- Opportunity for job advancement
- Great for college applications
- Build your resume
- Flexible work hours
- Challenge yourself
- Have fun while earning money
- Develop leadership, communication and teaching skills
- Gain valuable work experience
- Learn to save lives in and out of the water
- Stay in great physical condition
- Work outside, a swimsuit is your uniform, wear flip flops
- Role model for kids

While working for the City you will have a chance to:

- Earn awards
- Participate in Lifeguard Games
- Be eligible for Scholarships exclusively for Lifeguards
- Become eligible for Internships



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