

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!

The City of San Ramon is offering lifeguard training classes this Spring. If you are interested in becoming a lifeguard, make sure to register now.

Lifeguard Training is an American Red Cross certification course. Upon successful completion you will be certified in Lifeguarding, First Aid, Oxygen Administration, CPR/AED for Lifeguards and Preventing Disease Transmission.

This program is not sponsored by the San Ramon Valley Unified School District. Approval to distribute flyers is a community service and does not imply endorsement.



LIFEGUARD TRAINING

Activity # 93498—6 classes

March 14-28, 2015

Tues/Thurs—5pm-8:30pm

Sat—9am-5pm

Location: San Ramon Olympic Pool

No Class 3/21/15

LIFEGUARD TRAINING

Activity # 93499

5 classes

April 6-10, 2015

Mon-Fri—9am-3:30pm

Location: San Ramon Olympic Pool

LIFEGUARD TRAINING

Activity # 93500—6 classes

April 13-25, 2015

Mon/Wed—5pm-8:30pm

Sat—9am-5pm

Location: April 13, 15, 18, 20 @ SROP

Location: April 25 @ DVAC

Participants who apply for a Lifeguard position with the City of San Ramon, are offered a position, and work will receive a \$100 reimbursement for the City of San Ramon Lifeguard Training class.

Ages 15+

(Must be 15 by the last day of class)

\$200(R/Go)/\$250(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>



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 \$100 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
\$100 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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