

# LIFEGUARDS WANTED

## BECOME A LEADER

Acquiring the certifications necessary to become a pool lifeguard can be challenging, but it is also very rewarding. Becoming a pool lifeguard requires teamwork, problem solving skills and the ability to communicate effectively with others. Lifeguards are community leaders. They keep swimmers safe and educate the public for how to be safe in and around water. If you have a desire to make a meaningful impact on your community, then becoming a lifeguard is the job for you!



## JOIN OUR TEAM

<http://bit.ly/SDAquaticsJobs>

### Recreation Aid

15 ½+ years

### Pool Guard I

16+ years; ARC LGT/CPR/AED/T22

### Pool Guard II

16+ years

ARC LGT/CPR/AED/T22/WSI

### Swimming Pool Manager I

18+ years

ARC LGT/CPR/AED/T22/WSI/EMR

### Swimming Pool Manager II

18+ years

ARC LGT/CPR/AED/T22/WSI/EMR

### Swimming Pool Manager III

18+ years

ARC LGT/CPR/AED/T22/WSI/EMR

The City of  
**SAN DIEGO**  
Parks and Recreation Department

## CONTACT US

Aquatics District | 619-533-4017

[askparks@sandiego.gov](mailto:askparks@sandiego.gov)





## LIFEGUARD TRAINING

If you are 15 years of age or older and would like to learn important skills that can be used to best serve your community, then taking a class to become an American Red Cross Lifeguard is a great place to start. Lifeguarding requires you to communicate and work with a team while helping people enjoy the water in a safe environment. You may even save a life!

Videos, group discussion, demonstrations and hands-on practice will incorporate:

- Rescue techniques for land and water
- First Aid training to provide care for injuries and illnesses
- Professional lifeguard responsibilities
- Surveillance skills to help you recognize and prevent injuries

*\*Prerequisite swimming skills required.*

## AVAILABLE CLASSES

Paid internships are offered throughout the year! If you are interested in learning about up-coming classes, want to be put on the interest list, or have questions, please contact **Kathy Castello, 619-533-4017.**

## WATER SAFETY INSTRUCTOR

If you are at least 16 years of age and a proficient swimmer you can become an American Red Cross Water Safety Instructor. Learn to teach the incredible lifesaving skill of swimming to children and adults!

*\*Prerequisite swimming skills required.*

## AVAILABLE CLASSES

Classes are added throughout the year! If you are interested in learning about up-coming classes, want to be put on the interest list, or have questions, please contact **Rae Weber, 619-641-6126.**



## TITLE 22 (CA First Aid for Public Safety Personnel)

Are you 15 or older and already certified in American Red Cross Lifeguarding? Then get certified in California First Aid for Public Safety Personnel to gain the ability to be hired at various government agencies!

Classes are added throughout the year! If you are interested in learning about up-coming classes or want to be put on the interest list, please contact **Kathy Castello, 619-533-4017.**