The City of
SAN DIEGO

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City of San Diego to Provide Free Lifeguard Preparation Training Classes

NO PRIOR EXPERIENCE REQUIRED TO PARTICIPATE IN TWO–HOUR CLASS AT BUD KEARNS MUNICIPAL POOL

SAN DIEGO – Have you ever wanted to be a lifeguard, but didn't know where to go to obtain the required swimming skills? The City of San Diego will you teach those techniques and more during four lifeguard training preparation classes at Bud Kearns Municipal Pool in Morley Field. The class will teach basic skills that can be used to prepare for upcoming lifeguard tryouts for pool lifeguard and pool manager positions at 13 facilities. The preparation classes are free and require no advance registration to participate.

Lifeguard preparation classes will be held the first two Tuesdays and Thursdays in June (June 4, 6, 11 and 13) from 5:30 – 7:30 p.m., and are designed to improve basic swimming skills and prepare individuals to meet the minimum requirements needed to enroll in the City's formal lifeguard training class. Tasks include swimming 300 yards continuously, diving, treading water and retrieving 10-pound objects seven to 10 feet below the surface of the pool.

Participants who complete the preparation training class will possess skills needed to pass upcoming lifeguard minimum competency tryouts. Additionally, they will qualify to attend a two-week mandatory lifeguard training course that teaches safety, first aid and lifesaving procedures. Participants who graduate from the training course will receive American Red Cross Lifeguard Training and Title 22 First Aid certifications and qualify to work as a lifeguard at City pools. The cost of the lifeguard training course is $231, and financing and scholarship options are available.

For more information regarding lifeguard preparatory classes as well as dates and times for lifeguard tryouts and the lifeguard training course, please visit https://www.sandiego.gov/park-and-recreation/centers/aquatics and click the "Become a Pool Lifeguard" tab.

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