



Join Our Free CPR Training

Hands-Only CPR Class & Demonstration

August 28th, 2026

Class - 5:30-6:00 p.m.

Free Recreation Swim - 6:00-7:00 p.m.

Event is open to everyone of all ages with no previous knowledge or skills required. Please join the City of San Diego Parks and Recreation Department in this free lifesaving event located at the **Allied Gardens Pool.**



Sign up online at
www.SDRecConnect.com
Activity # 136594