

## WHY BECOME A LIFEGUARD?

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!



## CONTACT US

Aquatics District | 619-692-4960

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

<https://www.sandiego.gov/park-and-recreation/centers/aquatics>



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## JOIN OUR TEAM

<http://bit.ly/SDAQJobs>

### 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

# LIFEGUARDS WANTED

## BECOME A LEADER

Take a class that will change your life:

- Lifeguarding, First Aid, CPR/AED
- Title 22 (CA First Aid for Public Safety Personnel)
- Water Safety Instructor

## LIFEGUARD TRAINING\*

If you're 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

### AVAILABLE CLASSES

**Colina Del Sol Pool** | 619-235-1147  
SAVE Saturdays & Sundays **2/1-3/1/2020**

**Tierrasanta Pool** | 858-636-4837  
SDUSD Spring Break Academy **3/28-4/3/2020**



## WATER SAFETY INSTRUCTOR\*

If you're 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!

### AVAILABLE CLASSES

**Colina Del Sol Pool** | 858-581-9923  
March 7, 8, 14, & 15

Memorial Weekend Blowout **May 22-25, 2020**

**Tierrasanta Pool** | 858-636-4837  
*Call for information*

*\*Prerequisite swimming skills required. Please contact pool staff for details.*



## 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!

**SPRING** | 858-552-1621  
*Call for dates*

**For more information on any class, please contact your local pool.**