



SPRING BREAK: MARCH 26, 2019 – APRIL 4, 2019

LIFEGUARD TRAINING

Tryouts & Requirements

- Swim 300 yards continuously using the front crawl, breaststroke or a combination of both.
- Swim 20 yards, surface dive head or feet first, to a depth of 7-10 feet to retrieve a 10-pound brick. Return to the surface and swim 20 yards, on back with face at the surface, holding the 10-pound brick with both hands, and exit the water without using the ladder or steps. This must be completed within 1 minute and 40 seconds.
- Tread water for 2 minutes, using legs only.
- Be 15 years of age.
- **ATTENDANCE AT ALL SCHEDULED CLASSES IS MANDATORY.**

All participants need to have an account prior to tryouts. You can create an account at www.sdreconnect.com, minors will also need a liability waiver signed by a parent or guardian.

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone based on race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego Park and Recreation Department (contact Deputy Director David Monroe at (619) 525-8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.

Tryouts

March 26, 2019

9:00am sharp

Course Fee: \$229

(\$190 for class,
\$39 for certification,
\$2 transaction fee)

**Payment is due after
completing the tryout.**

NO REFUNDS

Class Dates

3/26/19 9 - 5 pm

3/28/19 9 - 5pm

3/29/19 9 - 5pm

4/2/19 9 - 5 pm

4/3/19 9 - 5 pm

4/4/19 9 - 5 pm

**Graduates of the program will
receive the following
certifications:**

*Lifeguarding/First Aid/CPR/AED
& Title 22 (First Aid for
Professional Rescuers).*

*For prices/fees, course materials,
more details, or questions, please
call Pool Manager Guito Flores at
(619)424-0469.*

VISTA TERRACE

POOL

**301 Athey Ave.
San Ysidro, CA 92173**

**619-424-0469
www.sandiego.gov**

3/26-4/4/19