



# WAVE & SAVE Lifeguard Training

The Winter Aquatic Vocational Education (W.A.V.E.) Program and Spring Aquatic Vocational Education (S.A.V.E) Program offer individuals an opportunity to participate in a Lifeguard Training Course at an affordable cost. Graduates will be eligible for employment with the City of San Diego.

## **W.A.V.E.**

Tierrasanta Pool

858-636-4837

Tryouts October 2nd 9am-12pm

October 9 - October 24, 2021

Saturdays & Sundays 9:00am-5:00pm

## **S.A.V.E.**

Bud Kearns Pool

619-692-4920

Tryouts February 5th 9am-12pm

February 12 - February 27, 2022

Saturdays & Sundays 9:00am-5:00pm

## **Tryouts & Requirements**

*Each participant must be able to fulfill the following **prerequisites**:*

- 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 to 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 by last day of class. Proof of age will be required upon registration.

*Pre-registration is not required for the W.A.V.E. and S.A.V.E. Programs. All candidates must arrive promptly at the tryout time listed, dressed to swim. **Parents must be available to sign a liability waiver on site for all minors before tryouts commence.***

Attendance at all scheduled classes is mandatory. Upon successful completion of this course, candidates are required to complete at least 30 hours of volunteer work at an authorized aquatic facility. Graduates of the program will attain the following American Red Cross certifications: Lifeguarding/ CPR/ AED and First Aid for Public Safety Personnel (Title 22). The W.A.V.E. and S.A.V.E Programs also provide interview training skills and volunteer experience.

*The W.A.V.E. and S.A.V.E. programs do not guarantee employment but prepare prospective applicants for a Pool Guard I position with the City of San Diego (starting salary of \$15.33 per hour). Note applicants must be 16 years of age to apply for this position.*

### **PROGRAM FEE**

**Course Fee: \$90.00 (\$50.00 Course Fee, and \$40.00 American Red Cross certification fee)** The fee includes books and supplies. (The normal cost for this course is over \$200.00) **Payment is due after completing tryouts.**

### **NO REFUNDS.**

*A limited number of scholarships are available thanks to the San Diego County Aquatic Council. **Scholarships cover only course fee (\$50.00). All participants must pay the \$40.00 ARC certification fee.***

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 the City of San Diego Park and Recreation Department (contact Deputy Director (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.