



American Red Cross

Fulton-El Camino Recreation and Park District
2201 Cottage Way, Sacramento CA 95825
916-927-3802 fax 916-927-3805
www.fecrecrepark.com



Lifeguarding Classes

Have you ever considered becoming a lifeguard or just need to re-certify for the up coming summer? Well, here is your chance. Fulton - El Camino Recreation and Park District is holding Lifeguarding, Title 22, CPR Classes, and re-certifications. Upon completion of these classes, you will hold all the certification necessary to be a lifeguard in the state of California. This American Red Cross class will cover water rescue skills, CPR for the Professional Rescuer, Title 22 First Aid, and lifeguard training.

Pre-requisite: You must be 15+ years of age by the first day of class, be able to swim 300 yards continuously, and be able to perform a 9-foot-dive/20 yard swim with a 10 lb. brick. Be prepared to swim everyday.

Lifeguarding w/o Title 22:

Fee: \$145 Res. Discount: \$140
(Fee includes books and pocket mask)
Instructor: Baeza/ Spindola
Date/Time: April 2,3, 9, &10
Saturday & Sunday 9:00am-6:00pm
Location: Cottage Pool
3097 Cottage Way
Sacramento CA 95825

Lifeguarding with Title 22

Fee: \$175 Res. Discount: \$175
(Fee includes books and pocket mask)
Instructor: Hopper/deRosier/ Herz
Date/Time: April 18-22
Monday- Friday 9:00am-6:00pm
Location: Deterding Pool
1415 Rushden Drive
Sacramento CA 95864

*Be prepared to swim every day. 45 min is given for lunch each day.

Re-certifications: Sunday, April 10 (no Title 22) or Friday, April 22 (w/ Title 22).

Fee: \$55 Resident Discount: \$50

(Time varies upon certification. Please call for more information. Bring your own pocket mask.)

To Register for classes:

Call 916-927-3802, visit our office at 2201 Cottage Way or go online at www.fecrecrepark.com

Water Safety Instructor Class

This American Red Cross Class will teach you how to teach swimming lessons and water safety.

Pre-requisite: You must be 16+ years of age by June 4th, be able to demonstrate all of the following strokes: front crawl, back crawl, breaststroke, butterfly, sidestroke, elementary stroke, turns, and dives. Note: Books are included. Be prepared to swim everyday. You must attend all classes.

Ages 16 yrs and up

Fee: \$180

Instructor: deRosier/Baeza/Herz

Resident Discount: \$170

Location: Cottage Pool

Students must attend ALL days:

Friday, May 20 3:30pm - 6:30pm

Saturday, May 21 10:00am - 6:00pm

Friday, May 27 3:30pm - 6:30pm

Saturday, May 28 10:00am - 6:00pm

tu/w/th, May 31-June 2 3:30pm - 6:30pm

Friday, June 3 3:30pm - 7:30pm



This is not a program of San Juan Unified School District or the Twin Rivers Unified School District and neither accepts responsibility or liability for this program. This is distributed as community information only.