



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, Title 22, First Aid, and CPR 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.

Fee: \$175 **Resident Discount:** \$165 (Fee includes books and pocket-mask.)

Instructor: Baeza, Herz, deRosier

Date/Time: March 29 - April 2

Monday - Friday 9:00am - 6:00pm Daily

* Keep Saturday open incase more time is needed * 45 min lunch each day.

Location: Arden Manor Pool (1415 Rushden Drive, Sacramento CA 95864)

Re-certifications will be held on Friday the April 2. Time varies upon certification. Please call for more information. **Fee:** \$55 **Resident Discount:** \$50 (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

WSI Water Safety Instructor

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: Baeza/Herz

Resident Discount: \$170

Location: Cottage Pool

Students must attend ALL days:

Friday, May 21	3:30pm - 6:30pm
Saturday, May 22	10:00am - 6:00pm
Friday, May 28	3:30pm - 6:30pm
Saturday, May 29	10:00am - 6:00pm
Tu/W/Th, June 1-3	3:30pm - 6:30pm
Friday, June 4	3:30pm - 7:30pm



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