

Lifeguard Training



City of Lompoc
Aquatic Center

Lifeguard (Ages 15+)

Here is your chance to take a great class, with the benefit of becoming an American Red Cross certified Lifeguard. Learn lifesaving skills to help keep people safe in, on and around the water. **Pre-course (300 yard swim, tread swim with brick).**

Ages: 15 & Up
Dates/Days/Times: Pre-Course: Thursday, June 1st. Actual course dates: 6/2-6/4

Fees: **\$175.00**

The purpose of the course is to train lifeguard candidates the following:

- Lifeguard
- Standard First Aid
- CPR/AED for the Professional Rescuer

Enroll Today!

Here's your chance to build your résumé and show the world what you can do:

- Prepare for college and a career by developing leadership and communication skills.
- Be a hero by learning lifesaving skills, such as first aid, CPR and AED.
- Have fun and earn money at a job you love.

American Red Cross certification is recognized nationwide so you can work anywhere in the U.S.

Trained. Empowered. Prepared.

For more information or to enroll, contact the Anderson Recreation Center, 125 West Walnut Avenue, Monday – Friday from 9am to 5pm at 875-8100 or Ashlee Winslow, Aquatic Supervisor at 875-2703.

