

MEDIA RELEASE

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Certified Lifeguard Training Offered In Lompoc *Course will prepare participants to become Red Cross-certified lifeguards*

LOMPOC, CA, Sept. 5, 2017 – The City of Lompoc Recreation Division is proud to offer a course that will enable participants to become American Red Cross-certified lifeguards.

The course will teach lifesaving skills to help keep people safe in, on and around the water. Completion of the various skill and written tests given as part of the course will result in participants becoming Red Cross-certified lifeguards.

Training will take place at the Lompoc Aquatic Center, 207 West College Ave. in Lompoc.

Ages: 15 and older
Dates /Times: Pre-Course: Thursday, September 21st at 7:30 p.m.
Actual course dates: 9/23, 9/30 and 10/1
Fees: \$175

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

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

Pre-registration is required, and can be done by calling the Lompoc Recreation Division at 805-875-8100, or visiting the division at 125 West Walnut Ave.

The Lompoc Recreation Division

The City of Lompoc Recreation Division has grown significantly since it was started in 1945, as the community realized the importance of recreation to quality of life. The mission of the Lompoc Recreation Division is to provide for a better quality of life by promoting positive social behavior, interaction with others, self-discovery and positive self-esteem through the development, implementation, and coordination of a wide variety of recreation and leisure services. Lompoc Recreation provides varied programs and services for youth, teens, and adults of all ages. The division also offers several venues for hosting public and private events, including the state-of-the-art Lompoc Aquatic Center. For a full list of programs and services, visit us online at www.cityoflompoc.com/parks_rec.