

## Lifeguard Training

Whether you are looking for a great part time job or career as a professional lifeguard, the Lompoc Aquatic Center Lifeguard program is the place to begin! Through classroom activities, online e-learning, and hands-on practice, you will gain the knowledge and learn the skills needed to work as a lifeguard. Our comprehensive and intensive lifeguard training course includes accident prevention, lifeguarding techniques, emergency systems, water rescue skills, Basic Life Support (CPR/AED), and first aid.

Upon successful completion of the course, participants receive certification in Lifeguard Training, CPR for the Professional Rescuer, and First Aid. To participate in this course, you must be 15 years of age and older and successfully pass an in-water skills test conducted at the beginning of the course.

Since the class is presented in a blended learning format, **a valid email address is required** at registration. Participants will receive an email with information on how to access the online component upon registration.

**Fee: \$250.00**

**Lompoc Valley Residents** - The lifeguard course fee will be refunded for participants who apply to become a lifeguard at the Lompoc Aquatic Center and are hired within 30 days of successfully completing the course.

### **Instruction Dates & Times:**

<b>Course</b>	<b>Activity #</b>	<b>Class Meeting Dates</b>	<b>Times</b>	<b>Fee</b>
<b>Lifeguard Training</b>	12691	Friday, February 28 Saturday, March 1 Sunday, March 2 Saturday, March 8	5:00PM-8:00PM 8:30AM-6:30PM 8:30AM-6:30PM 8:30AM-6:30PM	\$275.00*
<b>Course</b>	<b>Activity #</b>	<b>Class Meeting Dates</b>	<b>Times</b>	<b>Fee</b>
<b>Lifeguard Training</b>	12694	Friday, April 4 Saturday, April 5 Sunday, April 6 Saturday, April 12	5:00PM-8:00PM 8:30AM-6:30PM 8:30AM-6:30PM 8:30AM-6:30PM	\$275.00*
<b>Course</b>	<b>Activity #</b>	<b>Class Meeting Dates</b>	<b>Times</b>	<b>Fee</b>
<b>Lifeguard Training</b>	12695	Friday, May 2 Saturday, May 3 Sunday, May 4 Saturday, May 10	5:00PM-8:00PM 8:30AM-6:30PM 8:30AM-6:30PM 8:30AM-6:30PM	\$275.00*

Please contact the Lompoc Parks & Recreation Division at 805-875-8100 for upcoming class availability.