



Lifeguard Training 2026

Whether you are looking for a great part time job or career as a professional lifeguard, the American Red Cross Lifeguard Training is the place to begin! Through classroom activities, online 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 American Red Cross certification Lifeguarding r.24, 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.

Because 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: \$275.00*

**Lompoc Valley Residents – ½ of 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:

Course	Activity #	Class Meeting Dates	Times	Fee
Lifeguard Training	14168	Friday, March 13 Saturday, March 14 Sunday, March 15 Saturday, March 21	5:00PM-8:00PM 9:00AM-6:00PM 9:00AM-6:00PM 9:00AM-6:00PM	\$275.00*
Lifeguard Training	14169	Friday, April 17 Saturday, April 18 Sunday, April 19 Saturday, April 25	5:00PM-8:00PM 9:00AM-6:00PM 9:00AM-6:00PM 9:00AM-6:00PM	\$275.00*
Lifeguard Training	14170	Friday, May 15 Saturday, May 16 Sunday, May 17 Saturday, May 23	5:00PM-8:00PM 9:00AM-6:00PM 9:00AM-6:00PM 9:00AM-6:00PM	\$275.00*

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