

**2023 LIFEGUARD TRAINING COURSES**

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

**Prerequisites:** Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

**Location:**

Classes will be held at the North Pool, 10824 Los Jardines East, Fountain Valley, from 8:00 a.m. to 6:00 p.m. You may get out earlier/later each day depending on the number of students enrolled.

**Registration:**

Register for one of the following sessions:

 #1 – March 18 & 19, #2 – April 22 & 23, or #3 – May 6 & 7.

The fee is $210 for new staff, $125 for returning staff. Fee includes all materials and $40 ARC fee. After working 20 hours for Green Valley, $75 will be refunded to new staff.

Minimum of 3, maximum of 9 students enrolled per session.

Register at the Green Valley Association office, 10739 Los Jardines West, Fountain Valley. If you would like to pay by Visa or Mastercard, there is a 3% charge.

Once you are registered, we will email you the link for the online portion of the course that must be completed prior to the start of class. Bring a copy of the confirmation with you on the first day.

Students should bring lunch/snacks, swimsuit and towel each day.

For additional information, contact the Association office at 714-962-8205.

Instructor: Adam Gonzales