



Lifeguard Training/Title 22 Certificate Course American Red Cross

Ages 15–Adult

Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water. This course trains students in surveillance skills to help you recognize and prevent injuries, rescue skills in the water and on land, first aid training and CPR for the professional rescuer, as well as professional lifeguarding responsibilities. The American Red Cross Lifeguard training course makes learning fun and easy.

Instructor: ARC Certified LGI

#4282.101	M–F	8:00 am–6:00 pm	3/26–3/30	\$325	WP
#4282.102	Sa/Su	8:00 am–6:00 pm	4/14–4/22	\$325	WP

Prerequisites

Swim 300 yards continuously, demonstrating rhythmic breathing and stabilization, propellant kick (Rhythmic breathing can be performed either by breathing to the side or front) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7–10 feet, retrieve a 10–pound object, return to the surface, and swim 20 yards back to the starting point, and exit the water within 1 minute, 40 seconds. Tread water, legs only, for 2 minutes.

Lifeguard Training/Title 22 Certificate and Water Safety Instructor Course include materials; scholarships available. Contact 760.839.4204 for more information.

Renegade Aquatics Swim Program

The Renegade program has partnered with the City of Escondido to promote the sports of swimming and water polo in a safe, friendly, and educational environment. The experienced coaching staff will focus on technique and skill development, help the athletes improve, and introduce them to competition at meets throughout San Diego county and southern California. There is a wide range of practice groups, from the beginning novice level to the elite high school competitive athletes.

Participants have the option to swim at either the Washington Park municipal pool (501 North Rose Street) or the Boys & Girls Club (835 West 15th Avenue). The teams practice year round, and both pools are heated during the colder months.

For additional information on the Renegade programs, including practice times and fees, please visit the team website at www.renegadeaquatics.com.

