

# 2022 Lifeguarding and Title 22: Blended Learning

Have you ever considered becoming a lifeguard or just need to re-certify for the upcoming summer? Fulton – El Camino Recreation and Park District is offering a Lifeguarding course to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Upon completion of these classes, you will hold all the certification necessary to be a lifeguard in the state of California. This American Red Cross class will cover water rescue skills, CPR for the Professional Rescuer, Title 22 First Aid, and lifeguard training.

**Pre-requisites:** You must be 15+ years of age by the first day of class, be able to swim 300 yards continuously, tread water for 2 minutes without using arms, and perform a 20-yard swim, diving 9-feet to retrieve a 10 lbs. brick. Participants must attend all portions of the class. Be prepared to swim every day. \*30 min is given for lunch each day.



**FEE: Resident \$240**  
**Non-Resident \$260**

**WHEN:** April 11<sup>th</sup> – 15<sup>th</sup> 9:00am-5:00pm  
Full schedule will be given to participants, after signing up.

**WHERE:** Cottage Pool 3097 Cottage Way  
& Conzelmann Center (Howe Park) 2201  
Cottage Way (95825)

\*Online portion must be completed before in water activities begin.



## Registration

Opens February 7th, 2022  
Go online to  
[www.fecrpd.com](http://www.fecrpd.com), 916-927-3802, or visit our office at  
2201 Cottage Way



## Questions?

Contact Ryan Harder at  
916-927-3802 x114  
[rharder@fecrpd.com](mailto:rharder@fecrpd.com)

**Refunds:** Due to course arrangements/material purchase, refunds will not be granted within the week before the start of the class OR for those taking the course who do not pass the physical and written test at the end of the course.