



Certificates will be e-mailed upon successful completion of courses.

For questions, please contact:

Pool Director Daphne Parker

Email: cojpool@ci.jackson.ca.us

Sign-ups @ City Hall ~ 33 Broadway, Jackson, CA

City of
JACKSON



Incorporated 1905

CERTIFY TO LIFEGUARD WITH US!



Lifeguard Training r.24 with CPR

**CPR & First Aid for the
Professional Rescuer**

LIFEGUARD TRAINING \$225

Minimum age of 15 years old before last scheduled class session
(see highlighted session end dates below).

Includes Lifeguard, AED, CPR, and First Aid Certification through the American Red Cross. Pocket mask and book included.

NEW COURSE INFO:

Certification – Lifeguarding/First Aid/CPR/AED valid for 2 years.

PREREQUISITE 1: Jump in, submerge, resurface & swim 150 yards continuously, tread water for 2 mins, a& then swim 50 more yards. While swimming, you must keep your face in the water & demonstrate good breath control. You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is NOT permitted. Swim goggles are allowed. When treading, you must use only your legs.

PREREQUISITE 2: Complete a timed event within 1 min 40 seconds. Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are NOT allowed. Surface dive (head-first or feet-first) to a depth of 7-10ft to retrieve a 10lb object. Return to the surface & swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands & keeping your face at or near the surface. Swimming the distance underwater is NOT permitted. Exit the water without using a ladder or the steps.

REQUIRED : 7 hours ONLINE independent study

AND

YOU MUST ATTEND ALL 3 DAYS CONSECUTIVELY.

Session 1: CANCELLED

Session 2: April 17 & April 20-21 FULL

Session 3: April 24 & April 27-28 FULL

Session 4: May 8: 3:30-7:30PM & May 11 & 12: 9AM-4PM

Certification Requirements ~ Valid Two Years

- Attend ALL class sessions- No absences or refunds permitted.
- Demonstrate competency in all required skills & activities.
- Demonstrate competency in the three final skill scenarios.
- Correctly answer at least 80% of the questions in the three sections of the final written exam.



LIFEGUARD RECERTIFICATION ONLY \$175 AED / CPR / First Aid

Sat May 4th & Sun May 5th ~ 9AM to 4PM

(Sign up by no later than April 25, 2024 at 4PM)

CPR for the Professional Rescuer REVIEW

- Each student must have had prior training & is lifeguard certified under the American Red Cross, not to exceed one month past renewal certification expiration date.
- Each student must bring their own pocket mask.

BE PREPARED TO SWIM EVERYDAY

**All classes are held at the Jackson City Pool
& the Scout Hut next to the pool.**

**All instructors are certified
American Red Cross instructors.**