



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

For questions, please contact:

Pool Director Daphne Parker

Email: [cojpool@ci.jackson.ca.us](mailto: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:** April 10: 3:30-7:30PM & April 13-14: 9AM-4PM

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

OR

**Session 2:** April 17: 3:30-7:30PM & April 20-21: 9AM to 4PM

(Sign up by no later than April 18, 2024 at 4PM)

OR

**Session 3:** April 24: 3:30-7:30PM & April 27-28: 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 18, 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.**