

**City of Fresno
PARCS Department
Aquatics Program
512015 – LG/CPR-PR Certification**

Lifeguarding Certification Pre-Requisites:

- 15 years of age
 - Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.
 - Swim 20 yards surface dive to a minimum of 7 – 10 feet and retrieve a 10 pound brick and return.
 - Tread water for 2 minutes using legs only.
- **Lifeguarding certificates upon completion of class {valid for 2 years}**

To receive certification, individuals must pass:

- 2 written exams with at least 80% accuracy.
- Demonstrate competency in all critical skills.
- Successfully complete two (2) final skill scenarios.
- CPR-PR (CPR-PR Cards are valid for two (2) years).
- There is a multiple-choice test at the end of the class. Students must pass the test with an 80% or better in order to receive certification. In addition, to a written test participants must also be able to correctly perform the physical skills required by the class.

2019 Lifeguard Certification Class Schedule

1) March 29 - 31	(Fri. – Sun.)	LG/CPR & Recert	Fri. 5 – 9 p.m. Sat. & Sun. 8 a.m. – 5 p.m.
2) April 12 - 14	(Fri. – Sun.)	LG/CPR & Recert	Fri. 5 – 9 p.m. Sat. & Sun. 8 a.m. – 5 p.m.
3) April 26 - 28	(Fri. – Sun.)	LG/CPR & Recert	Fri. 5 – 9 p.m. Sat. & Sun. 8 a.m. – 5 p.m.
4) May 17 - 19	(Fri. – Sun.)	LG/CPR & Recert	Fri. 5 – 9 p.m. Sat. & Sun. 8 a.m. – 5 p.m.
5) May 31 - June 2	(Fri. – Sun.)	LG/CPR & Recert	Fri. 5 – 9 p.m. Sat. & Sun. 8 a.m. – 5 p.m.

All – Staff Training

Friday, June 7	5 – 9 p.m. @ Ted C. Wills Community Center
Saturday, June 8	8 a.m. – 5 p.m. @ Mosqueda Community Center & Romain Playground
Sunday, June 9	8 a.m. – 12p.m. @ Mosqueda (Lesson Guards)

Pools Open
Monday, June 10
Pools Close
Sunday, August 11

- All classes listed above are LG/CPR/FA
- All classes held at the Mosqueda Pool
(Located @ 4670 E. Butler Ave. Corner of Maple & Butler)
- Attendance for all days is REQUIRED

** Additional classes may be added after the June 1 – 3 class, dependent upon demand **

** Ask us about Shallow Water Guard and Recertification Opportunities **

www.parcsonline.fresno.gov (24/7)