



**GET CERTIFIED  
NOW IN**



**American  
Red Cross**

- **Lifeguard/First Aid**
- **CPR-PR/AED**

**Are you 16 or older and looking for a great summer job?**

**American Red Cross Lifeguard Training is the best place to start!**

**Sign Up Today!**

Register for classes online at  
[www.parcsonline.fresno.gov](http://www.parcsonline.fresno.gov)

**Or call (559) 621-2928**



## 2019 LIFEGUARD CERTIFICATION & RE-CERTIFICATION CLASS SCHEDULE

All classes are taught by highly trained American Red Cross Certified Lifeguard Instructors.

Each class consists of a 3-day session. Classes will be held Friday, Saturday, and Sunday.

You must attend all 3 days in the session to complete the class. Lifeguarding Certificate received upon completion of class (valid for 2 years).

Class hours :

**Friday 5:00 pm—9:00 pm**

**Saturday 8:00 am—5:00 pm**

**Sunday 8:00 am—5:00 pm**

### March 2019

SESSION 1: Fri. 29th—Sat. 30th—Sun. 31st

### April 2019

SESSION 2: Fri. 12th—Sat. 13th—Sun. 14th

SESSION 3: Fri. 26th—Sat. 27th—Sun. 28th

### May 2019

SESSION 4: Fri. 17th—Sat. 18th—Sun. 19th

SESSION 5: Fri. 31st—Sat. June 1st—Sun. June 2nd

### **PRE-TEST SWIM REQUIREMENTS**

- Swim 300 yards continuously using combination of Freestyle and Breaststroke.
- Tread water for 2 minutes, using legs only.
- Swim 20 yards and retrieve a 10lb brick, resurface and swim on back to starting point, exit water without use of stairs.



**Looking for a summer job??**

**The City of Fresno is hiring LIFEGUARDS  
for the 2019 Summer Season!**

**Apply online at [www.fresno.gov/jobs](http://www.fresno.gov/jobs)**

**GET**

**TRAINED!  
HIRED!  
WORKING!**