



**Sunrise Recreation and Park District
2011 Aquatics Certification and Training Programs**

Registration for all 2011 Spring Water Safety Classes will begin on December 1, 2010.

Basic Water Rescue (Ages 14+ years)

This American Red Cross course provides students with the information and skills necessary to prevent, recognize and respond to aquatic emergencies. Students must bring a swimsuit and towel to class.

Date: May 22, 2011 9:00AM – 1:00PM
Location: Antelope Pool
Fee: \$35 (includes cost of books/certification cards)

Lifeguard Training (Ages 15+ years)

This course is a combination of Lifeguard Training, CPR for the Professional Rescuer and First Aid for Public Safety Personnel. This course provides all certifications necessary to obtain employment as a Lifeguard in the State of California. Participants must be at least 15 years of age and have good swimming skills to register for this class. All Lifeguard Training Classes are \$200 and includes books and American Red Cross certification card fees. There is a \$10 Pocket Mask material fee due at the first class meeting.

Session 1 –

Dates: March 5 – 20, 2010 (Saturday & Sunday)
Times: 9:00AM – 5:00PM
Location: Antelope Aquatic Complex

Session 2 –

Dates: March 26 – April 7, 2011 (Saturday & Monday - Thursday)
Times: Weekdays 6:00 – 9:00PM and Saturday 9:00AM – 5:00PM
Location: Varies – Antelope Aquatic Complex and Rusch Park/Pool

Session 3 –

Dates: April 16 – April 22, 2011 (Saturday & Monday - Friday)
Times: 9:00AM – 5:00PM
Location: Varies – Rusch Park/Pool



Aquatic Aide Training Class (Ages 15+ years)

This class is for individuals who wish to assist swim instructors in conducting swimming lessons. Students will receive training in the American Red Cross's Child CPR, Basic Water Rescue and Water Safety Aide courses. Also, students will receive hands on training working with children during our District swimming lessons. Successful completion of this course is recommended for summer employment as a Lifeguard/Aquatics Aide with SRPD. In order to apply for a District's Lifeguard/Aquatics Aide position, applicants must be at least 15 years of age.

Dates: May 15 – 20, 2011 (Sunday and Monday - Friday)

Times: Sunday, May 15, 9:00AM – 5:00PM and Monday – Friday, May 16 – 20, 4:30 – 7:00PM
Location: Rusch Park/Pool
Fee: \$55 (includes cost of certification card)

Water Safety Instructor (Ages 16+ years)

The Water Safety Instructor (WSI) course is designed to train individuals to teach infant, child and adult courses from the American Red Cross Swimming and Water Safety program. The WSI course develops an understanding of how to use course materials, develop lesson plans, conduct training sessions and evaluate participant's progress. Upon successful completion of the course, participants will receive American Red Cross Water Safety Instructor certification. NOTE: This course does not teach lifeguard training skills or certify an individual as a lifeguard.

Dates: Saturday & Sunday, April 23 & May 1 and 8, 2011, 8:30AM – 5:00PM and Monday – Friday, May 9 – 13, 2011, 4:30 – 7:00PM
Location: Varies – Rusch Park/Pool and Antelope Aquatic Complex
Fee: \$185 includes all books and American Red Cross certification card fees.

Jr. Lifeguard Class (Ages 11-14 years)

Participants will be introduced to the skills needed for entry to the American Red Cross Lifeguarding course, communication and decision-making skills and the basic responsibilities of a lifeguard. This is a one-week class that includes daily instruction, skills practice, snack and free swimming time. After completion of the class, participants have the opportunity to volunteer and become honorary members of the Sunrise Aquatics Staff.

Dates: Monday – Friday, June 20 – 24, 2011
Time: 9:00AM – 12:30PM
Location: Antelope Aquatic Complex
Fee: \$100 includes all books and materials

For more information on our Aquatics Training Programs or any other District Aquatics program, please contact the Sunrise Recreation & Park District Office at (916) 725-1585 or stop by the Rusch Park Community Center at 7801 Auburn Blvd., Citrus Heights, CA 95610.

