

**CITY OF SOUTH LAKE TAHOE**  
1901 Airport Road  
South Lake Tahoe, California 96150



For Media Inquiries  
Contact: Tracy Sheldon, Communications Manager  
Phone: (530) 542-6093

**City Recreation Department Offers Lifeguard and  
Water Safety Instruction Classes**  
*City Recreation Department Hiring Lifeguards and Swim Instructors*

**South Lake Tahoe, CA (April 18, 2018)** – The South Lake Tahoe Recreation Department is offering an American Red Cross Certified Lifeguard Training course and Re-Certification course. The course is being taught by an American Red Cross Certified Instructor and will provide participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Upon completion of the class, the Recreation Department is also hiring qualified Lifeguards.

Also being offer is a Water Safety Instructor class which trains students to teach swim instructor courses. The course helps develop instructors understanding of how to conduct training sessions and how to evaluate participants' progress. The Recreation Department is also hiring qualified Swim Instructors.

Please see the attached descriptions for more information.

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1901 Airport Road  
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[www.cityofslt.us](http://www.cityofslt.us)  
Ph: 530-542-6000



## **MEDIA ADVISORY**

Contact: Tracy Sheldon, Communications Manager  
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## **American Red Cross Lifeguard Training**

**WHAT:** American Red Cross Lifeguard Training

**WHO:** All community members

**WHERE:** Recreation and Swim Complex, 1180 Rufus Allen Blvd.

**WHY:** The South Lake Tahoe Recreation Department is offering an American Red Cross Certified Lifeguard Training course and Re-Certification course. The course is being taught by an American Red Cross Certified Instructor and will provide participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Participants will be trained and certified to provide care for breathing and cardiac emergencies, injuries, and sudden illness until EMS (emergency services) take over.

Participants must be at least 16 years of age, be able to swim 300 yards continuously while demonstrating breathing control and rhythmic breathing, tread water for two minutes using the legs only, and complete a timed event.

Upon successful completion, participants will receive the American Red Cross Certificate for Lifeguarding/First Aid/CPR/AED, which is valid for two years. Attendance at all facility sessions and completion of all online lessons are two of a number of requirements necessary to successfully pass for certification.

Facilitator: Derek Beller, American Red Cross Certified Instructor

Pre-course and swim test must be completed before 1<sup>st</sup> class:  
By appointment (Please call 530-542-6059)

**Certification:** 9 Classes:  
Fridays May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> from 3:00pm – 5:00pm  
Saturdays May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> from 10:00am – 2:00pm  
Mondays May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> from 6:00pm – 8:00pm  
**Fee:** \$135 plus \$36 fee paid to ARC

**Re-Certification:** 2 Classes:  
Friday May 26<sup>th</sup> & Saturday May 27<sup>th</sup> from 9:00am – 2:00pm  
**Fee:** \$65 plus \$36 fee paid to ARC

**Register online at [www.cslt.sportssignup.com](http://www.cslt.sportssignup.com)**

For questions about this course please contact Kelley Edwards at 530-542-6059  
Participants must register at least one week before class begins.

**The City's Recreation Department is currently hiring qualified Lifeguards.**

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## **American Red Cross Water Safety Instructor (WSI) Class**

**WHAT:** Become an American Red Cross Certified Swim Instructor

**WHO:** All Community Members

**WHERE:** Recreation and Swim Complex, 1180 Rufus Allen Blvd.

**WHY:** The American Red Cross Blended Learning Water Safety Instructor Class trains candidates to teach courses and presentations in the Red Cross Swimming and Water Safety Program. The course helps develop instructors understanding of how to conduct training sessions and how to evaluate participants' progress. Successful candidates are eligible to teach Parent and Child Aquatics, Preschool Aquatics, Learn to Swim, adult swim classes, as well as the Basic Water Rescue and Personal Water Safety courses and other aquatic presentations.

Participants must be at least 16 years of age, be proficient swimmers, and be able to successfully complete the pre-course session. Workshop includes 25 hours of facility time and 8 hours of online content. Successful completion of this workshop includes the American Red Cross Water Safety Instructor Certificate (valid for 2 years).

Facilitator: Larry Phippen, American Red Cross Certified Instructor

Pre-course and swim test must be completed before 1<sup>st</sup> class:  
By appointment (Please call 530-542-6056)

**Certification:** 5 Classes:  
May 11<sup>th</sup> – June 2<sup>nd</sup> from 1:00pm – 6:00pm  
Classes on May 11<sup>th</sup>, 12<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> & June 2<sup>nd</sup>  
(No class on May 25<sup>th</sup>, May 26<sup>th</sup> or June 1<sup>st</sup>)

**Fee:** \$135 plus \$36 fee paid to ARC

**Register online at [www.cslt.sportssignup.com](http://www.cslt.sportssignup.com)**

For questions about this course please contact Kelley Edwards at 530-542-6059

Participants must register at least one week before class begins.

**The City's Recreation Department is currently hiring qualified Swim Instructors (WSI).**