

PURPOSE

LIFEGUARD TRAINING

The LGT course is designed for individuals interested in becoming L. A. City Lifeguards. Students are certified in American Red Cross C.P.R. for the Professional Rescuer, First Aid, and Lifeguarding; conditioned for swimming and prepared for the Lifeguard interview. Minimum age: 15. Candidates must pass a swimming skill pre-test:

1. Swim 300 yards continuously.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, perform a surface dive to a minimum depth of 7-10 feet, retrieve a 10 lb. object, return to the surface and swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.

WATER SAFETY INSTRUCTOR

This course is designed for lifeguards who want to learn how to teach swim lessons for adults and children. Students are certified in American Red Cross WSI. For ages 17 & up. Prerequisite is a current Lifeguard Certificate or pretest with instructor's approval.

LIFEGUARD INSTRUCTOR

The purpose of the American Red Cross Lifeguarding Instructor course is to train instructor candidates to teach Lifeguard Training (including first aid), CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Preventing Disease Transmission, Community Water Safety, and Basic Water Rescue. The training prepares instructor candidates by developing their understanding of how to use course material, how to conduct training sessions, and how to evaluate participants' progress. Participants must possess current Lifeguard Training and CPR for the Professional Rescuer cards. **Prerequisite: Fundamentals of Instructor Training.** (Class taught during the 1st two days of WSI)

REGISTRATION

1. To register for a course, contact the facility nearest to you. (Facilities are listed on the reverse side of this brochure.)
2. Program course fee must be paid at time of registration. Pre-registration is required. (Course fee includes: all books & materials and certification fee.)
 - LGT** - Lifeguard Training..... **\$75.00**
 - WSI** - Water Safety Instructor **\$100.00**
 - LGI** - Lifeguard Instructor..... **\$75.00**
3. Make all checks payable to:
L. A. City Department of Recreation and Parks
4. **NO REFUNDS** unless program is canceled.
5. A Lifeguard Workout Program is available for free to those enrolled in the LGT program.

Training and testing are offered on a year-round basis. Interested individuals should contact instructors listed on the reverse side of this brochure or Citywide Aquatics at 323) 908-7953.



CITY OF LOS ANGELES
 Department of Recreation and Parks
 Community Services Branch
CITYWIDE AQUATICS DIVISION
 3401 Riverside Drive
 Los Angeles, CA 90027
 (323) 908 - 7953
 M/S 672

CITY OF LOS ANGELES
 DEPARTMENT OF RECREATION AND PARKS
CITYWIDE AQUATICS DIVISION

**WINTER-SPRING 08
 CLASS SCHEDULE**



Website: www.LAparks.org
 Email: CitywideAquatics@lacity.org

Department of Recreation and Parks

General Manager
 Jon Kirk Mukri

Operations West
Assistant General Manager
 Kevin Regan

Superintendent of West Region
 Sophia Pena-Cortez

Principal Recreation Supervisor II
 Lydia Ritzman

Citywide Aquatics Division
Principal Recreation Supervisor I
 Mary Bingham

Aquatics Directors
 Trish Delgado
 Richard Godino
 Jon Kopitzke

SPRING CLASSES

BANNING HIGH SCHOOL

1450 N. Avalon Blvd.
Wilmington, CA 90744
(310) 548-7421

Aquatic Facility Manager II - TONI O'DONNELL

LGT	T, TH	6 - 9 PM	1/22/08	-	2/28/08
LGT	T, TH	6 - 9 PM	3/04/08	-	4/10/08
WSI	M, W	6 - 9 PM	2/04/08	-	3/26/08

CELES KING III

5001 Rodeo Road
Los Angeles, CA 90016
(213) 847-3408

Aquatic Facility Manager I - JAMES JORDAN

LGT	M, W	6 - 9 PM	1/14/08	-	2/20/08
LGT	M, W	6 - 9 PM	2/05/08	-	3/03/08
WSI	T, TH	6 - 9 PM	1/22/08	-	3/04/08

CLEVELAND HIGH SCHOOL

8120 Vanalden Avenue
Reseda, CA 91335
(818) 756-9798

Aquatic Facility Manager II - EDWIN REALEGEÑO

LGT	SAT	9AM - 4 PM	2/16/08	-	3/22/08
WSI	T, TH	6-9 PM	1/17/08	-	2/28/08

EG ROBERTS

4526 W. Pico Blvd.
Los Angeles, CA 90019
(323) 936 -8483

Aquatic Facility Manager II - LOUIS RIVERA

LGT	T, TH	6 - 9 PM	1/22/08	-	3/06/08
LGT	T, TH	6 - 9 PM	3/11/08	-	4/17/08
WSI	M, W	6 - 9 PM	1/21/08	-	3/03/08

FREMONT HIGH SCHOOL - CLOSED

7630 Towne Ave.
Los Angeles, CA 90003
(213) 847-3401

GLASSELL

3704 Verdugo Rd.
Los Angeles, CA 90085
(323) 226 - 1670

Aquatic Facility Manager I - VILMA BOADA

LGT	M, W	5PM - 8PM	1/22/08	-	2/21/08
LGT	M, W	5PM - 8PM	3/08/08	-	5/13/08
LGI	T, TH	5PM - 8PM	2/11/08	-	3/12/08

HUBERT HUMPHREY

12560 Filmore St.
Pacoima, CA 91331
(818) 896-0087

Aquatic Facility Manager II - KEVIN DAVIS

LGT	SAT	10AM - 6PM	1/19/08	-	2/23/08
LGT	T, TH	6PM - 9 PM	3/08/08	-	4/05/08

LACES

5931 W. 18th Street
Los Angeles, CA 90035
(323) 933-8345

Aquatic Facility Manager I - GONZALO MORAN

LGT	T, TH	6 - 9 PM	1/22/08	-	3/06/08
LGT	T, TH	6 - 9 PM	3/11/08	-	4/17/08

PECK

520 N. Western Ave.
San Pedro, CA 90732
(310) 548-2434

Aquatic Facility Manager II - LIBERT WELCH

LGT	M, W	6 - 9 PM	1/22/08	-	2/28/08
LGT	M, W	6 - 9 PM	3/03/08	-	4/09/08
WSI	Call Time and Dates				
LGI	Call Time and Dates				

RICHARD ALATORRE

4721 E. Klamath St.
Los Angeles, CA 90032
(323) 276-3042

Aquatic Facility Manager II - MARIA GUDINO

LGT	M, W	6 - 9 PM	1/14/08	-	2/27/08
LGT	M, W	6 - 9 PM	3/02/08	-	4/19/08
WSI	T, TH	6 - 9 PM	1/22/08	-	3/04/08

ROOSEVELT HIGH SCHOOL

CLOSED UNTIL FURTHER NOTICE

456 S. Mathews St.
Los Angeles, CA 90033
(213) 485-7391

JOHN C. ARGUE SWIM STADIUM

3980 S. Menlo Ave.
Los Angeles, CA 90037
(213) 763-0129

Aquatic Facility Manager III - ANDRE BRENT

LGT	Call for time and days				
LGT	Call for time and days				
WSI	Call Time and Dates				
LGI	Call for time and days				

VENICE HIGH SCHOOL

2490 Walgrove Ave.
Los Angeles, CA 90086
(310) 575-8260

Aquatic Facility Manager II - RICHARD RINCON

LGT	T, TH	6 - 9 PM	1/22/08	-	2/28/08
LGT	T, TH	6 - 9 PM	3/04/08	-	4/03/08

VAN NUYS SHERMAN OAKS

14201 Huston St.
Van Nuys, CA 91423
(818) 783-6721

Aquatic Facility Manager II - ESSAM TAWDY

LGT	M, W	5PM - 8PM	1/28/08	-	2/27/08
LGT	M, W	5PM - 8PM	3/17/08	-	4/17/08
LGT	SAT	10AM - 4PM	2/02/08	-	3/08/08
WSI	SAT	9AM - 3:30PM	1/12/08	-	2/16/08
LGI	SAT	9AM - 3:30PM	2/23/08	-	3/22/08

YOSEMITE

1840 Yosemite Drive
Los Angeles, CA 90041
(323) 226-1668

Aquatic Facility Manager I

LGT	T, TH	5PM - 8PM	1/22/08	-	2/28/08
LGT	T, TH	5PM - 8PM	3/11/08	-	4/17/08

WESTWOOD

1350 Sepulveda Blvd.
Los Angeles, CA 90025
(310) 478-7019

Aquatic Facility Manager II - ROBERT ARREOLA

LGT	T, TH	5PM - 8PM	1/08/08	-	2/14/08
LGT	T, TH	5PM - 8PM	3/04/08	-	4/10/08
LGT	SAT	10AM - 5PM	1/12/08	-	2/16/08
LGT	SAT	10AM - 5PM	3/01/08	-	4/05/08
WSI	T, TH	5PM - 8PM	1/28/08	-	3/05/08
LGI	T, TH	5PM - 8PM	3/04/08	-	4/10/08

TESTING DATES & SITES

LIFEGUARD TEST

JOHN C. ARGUE SWIM STADIUM
3980 S. Menlo Ave. Los Angeles, CA 90037
(213) 763-0129

Saturday, March 01, 2008 @ 9:00 a.m.
Minimum 17 years by May 18, 2008
Lifeguard Academy School Dates:
April 26, 27, May 02, 04, 11, 17, & 18, 2008

Saturday, April 05, 2008 @ 9:00 a.m.
Minimum 17 years by June 29
Lifeguard Academy School Dates:
June 15, 21 - 26, & 29, 2008

POOL MANAGER I PROMOTION TEST DATE & SITE

CITYWIDE AQUATICS OFFICE
3401 Riverside Dr. Los Angeles, CA 90027
(323) 908-7953

Wednesday, March 05, 2008 @ 6:00 p.m.
Proof of WSI must be shown.

Saturday, March 08, 2008 @ 1:00 p.m.
Proof of WSI must be shown.

POOL MANAGER II PROMOTION TEST DATE & SITE

CITYWIDE AQUATICS OFFICE
3401 Riverside Dr. Los Angeles, CA 90027
(323) 908-7953

Saturday, March 08, 2008 @ 9:00 a.m.

Call CWA to set-up appointment Feb. 25 - Feb. 29, 2/008
Must have LGI.