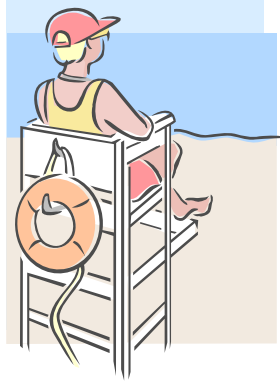


# Interested in becoming a pool lifeguard? Join the City of Sunnyvale's American Red Cross Lifeguard Training course!

Price: \$220 resident/\$250 non-resident

Class will be held Monday and Wednesday evenings,  
April 2, 2008-April 28, 2008 from 5:00pm-9:00pm



## Prerequisites: Pass the swimming skills test on the first day

Swim 300 yards continuously, using these strokes in the following order:

- 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
- 100 yards of breaststroke using a pull, breathe, kick and glide sequence
- 100 yards of front crawl or breaststroke or a combination of both

Timed Event: Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object (and your face out of the water), and exit the water without using a ladder or steps within 1 minute, 40 seconds.

## To Register:

- Online: <http://sunnyvale.ca.gov/Departments/Parks+and+Recreation/>
- In person: 550 E. Remington Drive, Sunnyvale, CA 940887
- Phone: (408) 730-7341

Participants who complete the course, and then move on the be hired by the City of Sunnyvale will receive a full reimbursement for the course fee once they have worked a minimum of 200 for Summer 2008!

Questions? Call Jillian at (408) 730-7723