

2018 NCAMA AQUATIC AND SAFETY CLASSES

FACILITY	CLASS/FEE	DATE/TIME	LOCATION
Auburn Recreation District Contact: Sheryl Petersen 530-8634615	Lifeguard Re-Certification \$95	Saturday, 4/6 8:30am-6:30pm	Recreation Park Sierra Pool
	Lifeguard Training w/Title 22 \$240	Sat & M-F 4/13-4/18 Sun, 4/14 & 4/19 (if necessary) Sat/Sun: 9am-5pm M-F: 1pm-6pm	Recreation Park Sierra Pool
	Lifeguard Training w/Title 22 \$240	Fri/Sat/Su, 4/27-5/11 Sat: 9am-6pm Sun: 1pm-6pm Fri: 5pm-9pm	Recreation Park Sierra Pool
Cameron Park CSD Contact: Tina Helm 530-677-2231	Lifeguard training, Lifeguard review & Title - offered by Safety Training Pros	TBA	Cameron Park Community Pool - 2502 Country Club Drive, Cameron Park 95682 Classes we offer are offered by Safety Training Pros and students can register through safetytrainingpros.com
Chico Area Recreation Contact: Noah Hajec 530-895-4711	Lifeguard Training \$230 Material Fee: \$41 (cert)	Th-Sun, 4/4-4/12 Varies	Pleasant Valley Pool – 2320 North Ave Chico, CA
	Lifeguard Training \$230 Material Fee: \$41 (cert)	Th-Sun, 4/25-5/3 Varies	Pleasant Valley Pool – 2320 North Ave Chico, CA
	Lifeguard Training Review \$175 Material Fee: \$38	Sat & Sun, 5/4-5/5 8am–6pm	Pleasant Valley Pool – 2320 North Ave Chico, CA
	Water Safety Instructor (WSI) \$220 Material Fee: \$37	Th-Sun, 3/12-3/31 Varies	Pleasant Valley Pool – 2320 North Ave Chico, CA
Cordova Recreation and Park District Contact: Brandi Dionne 916-369-9844	Lifeguarding with Title 22 \$190	4/5 & 4/6-4/13 Friday: 5pm-9pm, Sat/Sun: 8am-6pm	In-class: Hagan Community Center, In-water: Rosemont High School pool
Cosumnes CSD Contact: Lizy Campbell 9164055634	Lifeguard Instructor Course \$225	Tu-Fri, 12/18-12/21 Tu-Wed: 1pm-6pm Th-Fri: 9am-3pm	Wackford Aquatic Complex 9014 Bruceville Road Elk Grove, CA 95758

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Cosumnes CSD cont.	Lifeguard Training \$195	Mon/Wed/Fri & Sat, 3/18, 3/20, 3/22 & 3/21 Mon/Wed/Fri: 4:30pm-9pm Sat: 9am-5pm	Wackford Aquatic Complex 9014 Bruceville Road Elk Grove, CA 95758
	Lifeguard Training \$195	Fri-Sun, 3/29-3/31 Fri: 4:30pm-9pm Sat/Sun: 9am-5pm	Wackford Aquatic Complex 9014 Bruceville Road Elk Grove, CA 95758
	Lifeguard Training \$195	Fri-Sun, 4/5-4/7 Fri: 4:30pm-9pm Sat/Sun: 9am-5pm	Wackford Aquatic Complex 9014 Bruceville Road Elk Grove, CA 95758
	Lifeguarding Review \$105	Thur, 4/25 & Sat, 4/27 Fri: 4:30pm-9pm Sat: 9am-1pm	Wackford Aquatic Complex 9014 Bruceville Road Elk Grove, CA 95758
City of Davis Contact: Hollay Shayegi 530-747-5867	ARC Lifeguard Instructor Training \$275	Fri-Sun, 12/28-12/30 Fri: 5pm-9pm Sat/Sun: 9am-5pm	Community Pool Building Davis, CA
	Lifeguard Training \$255	Saturdays, 3/2-3/30 9:00am-5:00pm	Community Pool Building Davis, CA
	Lifeguard Training \$255	Mon-Fri, 3/25-3/29 8:00am-5:00pm	Community Pool Building Davis, CA
	Lifeguard Training \$255	Fri-Sun, 4/5-4/14 Fri: 5pm-9pm Sat/Sun: 9am-5pm	Community Pool Building Davis, CA
El Dorado Hills CSD Contact: Teri Gotro 916-614-3217	ARC Lifeguard Certification Class \$225	Sat/Sun, 3/23-3/31 8:00am-6:00pm	EDH Community Pool

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City of Fairfield Contact: April Arendt 707-428-7726	Lifeguard Training \$85	M-Th, 3/25-3/28 9:00am-3:00pm	Allan Witt Aquatics Complex in Fairfield, CA Blended learning course. Registration end date is 3/11
	Lifeguard Training \$85	M-Th, 3/25-3/28 9:00am-3:00pm	Allan Witt Aquatics Complex in Fairfield, CA Blended learning course. Registration end date is 3/18
	Lifeguard Training \$85	Fri-Sun, 4/12/4/14 Fri:4pm-8pm Sat/Sun: 9am-5pm	Allan Witt Aquatics Complex in Fairfield, CA Blended learning course. Registration end date is 4/5
	Lifeguard Training \$85	Fri-Sun, 5/10-5/12 Fri:4pm-8pm Sat/Sun: 9am-5pm	Allan Witt Aquatics Complex in Fairfield, CA Blended learning course. Registration end date is 5/3
	Water Safety Instructor (WSI) \$235	T/Th & Sat, 4/9-4/18 T/Th: 4pm-8pm Sat: 9am-5pm	Allan Witt Aquatics Complex in Fairfield, CA Blended learning course. Registration end date is 4/2
City of Mountain View Contact: Tiffanie Lai 650-903-6405	WSI (Blended Learning) \$236 – Resident \$295 –Non Resident	Wed-Sun, 1/2-1/5 8:30am-5:00pm	Rengstorff Park Pool – 210 South Rengstorff Ave. Mountain View, CA 94040 About 5-6 spots open, please contact Tiffanie directly for more info.
	LGI \$236 – Resident \$295 – Non Resident	Fri, 2/1& Sat-Sun, 2/2-2/9 Fri: 4:30pm-8:30pm Sat/Sun: 8:30am-5:00pm	Rengstorff Park Pool – 210 South Rengstorff Ave. Mountain View, CA 94040 About 5-6 spots open. Will need to send proof of current LGT in order to register for the course. Friday is “pretest” and the Instructor lecture component.
	LGT+T22 (Blended Learning) \$236 – Resident \$295 – Non Resident	Fri, 3/1 & Sat-Sun, 3/2-3/10 Fri: 4:30pm-8:30pm Sat/Sun: 8:30am-5:00pm	Rengstorff Park Pool – 210 South Rengstorff Ave. Mountain View, CA 94040 Will also be willing to do an LGI In-Water renewal on Sunday, March 10 if enough interest.
	LGT+T22 (Blended Learning) \$236 – Resident \$295 – Non Resident	M-F, 4/15-4/19 8:30am-5:00pm	Rengstorff Park Pool – 210 South Rengstorff Ave. Mountain View, CA 94040 Will also be willing to do an LGI In-Water renewal on Friday, April 19 if enough interest.
	LGT+T22 (Blended Learning) \$236 – Resident \$295 – Non Resident	Fri, 5/3 & Sat-Sun, 5/4-5/12 Fri: 4:30pm-8:30pm	Rengstorff Park Pool – 210 South Rengstorff Ave. Mountain View, CA 94040

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Mountain View cont.		Sat/Sun: 8:30am-5:00pm	Will also be willing to do an LGI In-Water renewal on Sunday, May 12 if enough interest.
	LGI In-Water Renewal \$79 – Resident \$295 – Non Resident	Friday, 8/16 8:30am-4:30pm	*Tentative class*
City of Oakland Contact: ORPAquatics@oaklandca.gov 510-597-5014	Blended Learning \$190	Sat, 12/22-1/5 9am - 5pm	Live Oak Pool This is a blended learning course. You are required to complete the online eLearning (~7.5 hours), as well as, attend all on-site sessions
	Blended Learning \$190	Wed/Fri/Sun 9am - 5pm	Live Oak Pool This is a blended learning course. You are required to complete the online eLearning (~7.5 hours), as well as, attend all on-site sessions
	WSI \$225	Sat-Sun, 3/23-4/1 9am - 5pm	deFremery Pool This is a blended learning course. You are required to complete the Orientation to the swimming and Water Safety Program (~1 hour), the online eLearning content (~7 hours), as well as, attend all on-site sessions.
	Lifeguard Training \$190	Mon-Thur 3/25-3/28 9am - 5pm	Temescal Pool
	Lifeguard Training \$190	Fri-Mon 3/29-4/1 9am - 5pm	Live Oak Pool
	Blended Learning \$190	Mon/Wed/Fri, 5/13-5/24 5pm-9pm	Live Oak Pool This is a blended learning course. You are required to complete the online eLearning (~7.5 hours), as well as, attend all on-site sessions
	Lifeguard Training \$190	Fri-Mon 5/31-6/3 9am - 5pm	Live Oak Pool
	Rio Linda Elverta Recreation and Parks District Contact: Erik Hernandez 916-991-8112	CPR and First Aid Certification \$55	Friday, 1/11 9:00am-2:00pm

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FACILITY	CLASS/FEE	DATE/TIME	LOCATION
City of Roseville Contact: Will Neville 916-774-5983	Adult, Child & Infant CPR \$64 Non-Resident \$54 Resident	Sat, 2/2 or 4/6, 8am-12:30pm Mon, 2/4 or 4/8 6pm-10:30pm	Mike Shellito Indoor Pool (10210 Fairway Dr. Roseville, CA 95678) The Saturday class also includes optional AED training. This class meets the CPR portion of California's Child Care provider requirements, but does not meet the first aid portion of the requirements.
	Adult, Child and Infant CPR with First Aid \$76 Non-Resident \$66 Resident	Sat, 2/2 & Fri, 2/8 Sat, 4/6 & 4/12 Mon, 2/4 & Fri, 2/8 Mon, 4/8 & Fri, 4/12 Sat: 8am-12:30pm Mon: 6pm-9pm Fri: 6pm-9pm	Mike Shellito Indoor Pool (10210 Fairway Dr. Roseville, CA 95678) The Saturday class also includes optional AED training. This class meets the CPR portion of California's Child Care provider requirements, but does not meet the first aid portion of the requirements.
	Adult CPR with First Aid \$64 Non-Resident Rate \$39 Resident	Sat, 2/2 & Fri, 2/8 Sat, 4/6 & 4/12 Mon, 2/4 & Fri, 2/8 Mon, 4/8 & Fri, 4/12 Sat: 8am-11am Mon: 6pm-10:30pm Fri: 6pm-9pm	Mike Shellito Indoor Pool (10210 Fairway Dr. Roseville, CA 95678) In addition to CPR and first aid, the Saturday class also includes optional training in using an AED.
	First Aid \$49 Non-Resident \$39 Resident	Friday 2/8 or 4/12 5pm-9pm	Mike Shellito Indoor Pool (10210 Fairway Dr. Roseville, CA 95678) Does not include any CPR training. This class does not meet the first aid portion of California's Child Care provider requirements. Students with a current CPR card, start class at 6:00pm.
	Lifeguard Training \$195 Non-Resident \$165 Resident Material Fee: \$10	Sat-Sun, 2/2-2/17 8:30am-5:00pm	Mike Shellito Indoor Pool (10210 Fairway Dr. Roseville, CA 95678) American Red Cross Lifeguard Training Bundle 5
	Lifeguard Training \$195 Non-Resident \$165 Resident Material Fee: \$10	Sat-Sun, 2/23-3/10 8:30am-5:00pm	Mike Shellito Indoor Pool (10210 Fairway Dr. Roseville, CA 95678) American Red Cross Lifeguard Training Bundle 5
	Lifeguard Training \$195 Non-Resident \$165 Resident Material Fee: \$10	Sat-Sun, 2/23-3/10 8:30am-5:00pm	Roseville Aquatic Center – 3051 Woodcreek Oaks Blvd. Roseville, CA 95747 American Red Cross Lifeguard Training Bundle 5

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City of Sacramento Contact: Kevin DeFranco	Lifeguard Training \$185	Saturdays, 2/2-2/23 9am-5pm	2450 Meadowview Rd. Sacramento, CA 95832
	Lifeguard Training \$185	Sat-Sun, 3/2-3/10 9am-5pm	2450 Meadowview Rd. Sacramento, CA 95832
	Lifeguard Training \$185	Mon-Fri, 3/18-3/22 9am-4pm	2450 Meadowview Rd. Sacramento, CA 95832
	Lifeguard Training \$185	Sat-Sun, 3/30-4/7 9am-5pm	2450 Meadowview Rd. Sacramento, CA 95832
	Lifeguard Training \$185	Mon-Fri, 4/15-4/19 9am-4pm	2450 Meadowview Rd. Sacramento, CA 95832
	Lifeguard Training \$185	Sat-Sun, 4/27-5/5 9:00am-5:00pm	2450 Meadowview Rd. Sacramento, CA 95832
City of San Ramon Contact: Kevin Boggs 925-973-3246	ARC Lifeguard Instructor Training \$312.50 Non-Resident \$250 Resident	Tue/Thur/Sat, 1/22-1/31 Tue/Thur: 5:00-8:30pm Sat: 9:00am-5:00pm	San Ramon Olympic Pool – 9900 Boardmoor Dr. San Ramon, CA 94583 Register online at www.sanramon.ca.gov/Lifeguard . Must be 17 years old, currently certified as an ARC Lifeguard and able to demonstrate all skills sufficiently. Participants will also be required to complete an online pre-course prior to the first day of class.
	ARC Water Safety Instructor \$312.50 Non-Resident \$250 Resident	Tue/Thur/Sat, 2/14-2/23 Tue/Thur: 6:00pm-9:00pm Sat: 9:00am-3:00pm	San Ramon Olympic Pool – 9900 Boardmoor Dr. San Ramon, CA 94583 Register online at www.sanramon.ca.gov/Lifeguard . Must be 16 years old, able to swim the four competitive strokes, sidestroke and elementary backstroke. Participants will also be required to complete a portion of the class online.
	ARC Lifeguard Training	Tue/Thur/Sat, 3/12-3/23	San Ramon Olympic Pool – 9900 Boardmoor Dr. San Ramon, CA

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	\$286.50 Non-Resident \$229 Resident	Tue/Thur: 5:00pm-9:00pm Sat: 8:00am-5:00pm	94583 Register online at www.sanramon.ca.gov/Lifeguard . Course includes Lifeguard, Administering Emergency Oxygen and Title 22. Must be 15 years old, able to swim 300 yards non-stop using freestyle and breast stroke, recover a 10lb weight from 7ft of water and tread water for 2 minutes with no hands. Lifeguard pack and mask provided.
	ARC Lifeguard Training \$286.50 Non-Resident \$229 Resident	Mon-Fri, 4/1-4/5 9:15am-3:45pm	San Ramon Olympic Pool – 9900 Boardmoor Dr. San Ramon, CA 94583 Register online at www.sanramon.ca.gov/Lifeguard .
	ARC Lifeguard Training \$286.50 Non-Resident \$229 Resident	Mon/Wed/Sat, 4/8-4/20 Mon/Wed: 5:00pm-9:00pm Sat: 8:00am-5:00pm	San Ramon Olympic Pool – 9900 Boardmoor Dr. San Ramon, CA 94583 Register online at www.sanramon.ca.gov/Lifeguard .

Southgate Recreation & Park District Contact: Samuel Kiser 916-395-0601	Lifeguard Review \$99	Sat-Sun, 3/2-3/3 12:00pm-5:00pm	Pat O'Brein Community Center – 8025 Waterman Rd. Sacramento, CA 95289
	Lifeguard Training \$180	Mon-Thur, 4/15-4/19 9:00am- 5:00pm	Pat O'Brein Community Center – 8025 Waterman Rd. Sacramento, CA 95289
	Lifeguard Training \$180	Sat-Sun, 4/27-5/5 9:00am - 5:00pm	Pat O'Brein Community Center – 8025 Waterman Rd. Sacramento, CA 95289
	Lifeguarding Instructor Course \$225	Thur-Sun, 3/21-3/24 Thur/Fri: 5:00pm-9:00pm Sat/Sun: 8:00am-5:00pm	Pat O'Brein Community Center – 8025 Waterman Rd. Sacramento, CA 95289 *Prerequisites: -Possess a current basic-level certification in American Red Cross Lifeguarding/First Aid/CPR/AED -Successfully complete the online introduction to the Lifeguarding Instructor Course prior to the precourse skills session -Review all instructor and participant materials - Successfully complete the in-person pre-course skills session Note: Instructor candidates are

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			responsible for bringing an adult and pediatric pocket resuscitation mask to each class meeting *The prerequisite skills evaluation will occur on the first day of the course. If you do not pass the skills evaluation, you will not be able to continue with the course and will not be eligible to receive a refund. - Online portion of course must be completed prior to the first class meeting -Registration deadline: 3/13/2019
Sunrise Recreation & Park District Contact: Colin Smith 916-721-0410	Lifeguard Training \$225	Sat-Sun, 3/23-3/31 8:30am-5:30pm	Antelope Aquatic Center – 7990 Palmerson Dr. Antelope, CA 95843 Includes Title 22 course
	Lifeguard Training \$225	Sat-Tue, 4/13-4/16 8:30am – 5:30pm	Rusch Park Pool – 7801 Auburn Blvd. Citrus Heights, CA 95610 Includes Title 22 Course
	Lifeguard Training \$225	Wed-Sat, 4/17-4/20 8:30am-5:30pm	Rusch Park Pool – 7801 Auburn Blvd. Citrus Heights, CA 95610 Includes Title 22 Course
	Lifeguard Training \$225	Sat-Sun, 4/27-5/5 8:30am-5:30pm	Antelope Aquatic Center – 7990 Palmerson Dr. Antelope, CA 95843 Includes Title 22 course
	Lifeguard Training Review \$110 Bring your own pocket mask, or \$10 for new	TBD (April)	Rusch Park Pool – 7801 Auburn Blvd. Citrus Heights, CA 95610
	Lifeguard Instructor Training \$235 \$35 Red Cross on-line registration fee	Sundays, 3/10, 3/17, 3/24 8:30am-5:00pm	Rusch Park Pool – 7801 Auburn Blvd. Citrus Heights, CA 95610
	Basic Water Rescue \$60	TBD (June)	Rusch Park Pool – 7801 Auburn Blvd. Citrus Heights, CA 95610
City of West Sacramento Contact: Jay Showalter 916-617-4770	Lifeguard Training \$200	Mon/Wed/Sat, 1/14-1/30 Mon/Wed: 4:30pm-8:30pm Sat: 8:30am-4:00pm	West Sacramento Recreation Center
	Lifeguard Training \$200	Mon-Thur, 4/15-4/19 8:30am-4:30pm	West Sacramento Recreation Center

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City of Placerville Contact: Carissa Lombardi 530-642-5274	Lifeguard Training & Title 22 \$200 \$35 blended learning fee	4/13-4/15 8:00am-4:30pm	Placerville Aquatic Center – 3071 Benham Street Placerville, CA 95667
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