



# City of Glendale Parks, Recreation, & Library Services

## Lifeguard Training and CPR/AED Pro (StarGuard)



After successful completion of this course, participants will receive the StarGuard lifeguard certification and ASHI (American Health and Safety Institute) CPR/AED-Pro. These certifications are required to apply for a lifeguard position with the City of Glendale and several other valley cities. Certifications expire one (1) year from the date of issue. Please note that it is absolutely imperative that participants attend all sessions of the class. We are UNABLE to make up missed classes for any reason, or make refunds once a class has begun.

- Minimum Age:** 15 years old by the last day of the course for which you signed up. Proof of age will be verified at the first class. Please bring a state issued ID or birth certificate to the first class.
- Registration:** Begins 10/1/11 and ends when each class fills or at 3pm on the business day before each pre-test/course begins. We require 8 minimum participants per class. If a class is not filled, it may be cancelled the previous business day at 3pm and all participants will be notified via telephone and email (if provided). You may register online, in person, or by phone. Online: [www.glendaleaz.com/ParksandRecreation/OnlineRegistration.cfm](http://www.glendaleaz.com/ParksandRecreation/OnlineRegistration.cfm)  
In-person: Parks & Recreation Office, 5850 W Glendale Ave., or at Foothills Rec & AQ Center, 5600 W Union Hills. Register by phone: 623.930.4600 with a Visa, MC, or Amex. Please have course code ready when registering.
- Cost:** Residents -- \$125.00 and Non Residents -- \$150.00
- Location:** Classes will be held at the Foothills Recreation & Aquatic Center, 5600 W Union Hills Blvd. unless otherwise noted. All pool locations and times are subject to change due to availability.
- Format:** PARTICIPANT MUST ATTEND EVERY SCHEDULED DATE AND TIME TO PASS. NO REFUNDS/MAKE UPS CAN BE GIVEN FOR MISSED CLASSES. Books and pocket masks are included.
- Prerequisite:** Participants must be strong swimmers (Level 4 swimming skills or equivalent). The pre-test will consist of swimming 300 yards continuously, (100 freestyle, 100 breast stroke and 100 choice of freestyle or breaststroke). Participants must also swim 20 yards from wall, retrieve a 10-pound brick from 7ft. of water and swim with the brick 20 yards back to the side of the pool within 1 minute 45 seconds.
- Refunds:** No refunds/credits are given, with exceptions for a class cancelled by the City of Glendale, or for participants not able to pass the pre-test of a particular course. In this case, the participant may be issued a refund if requested on the same day as the pre-test by calling 623.930.2838. Please leave a voicemail message if we are not available.

### 536561-41 Winter Break Lifeguard & CPR/AED (Max 20)

|       |        |                  |
|-------|--------|------------------|
| Mon   | Dec 26 | 9a-11a Pre- test |
| Tues  | Dec 27 | 9a-3p            |
| Wed   | Dec 28 | 9a-3p            |
| Thurs | Dec 29 | 9a-3p            |
| Tues  | Jan 3  | 9a-3p            |
| Wed   | Jan 4  | 9a-3p            |
| Thurs | Jan 5  | 9a-3p            |

### 536561-42 Lifeguard & CPR/AED (Max 20)

|         |              |                  |
|---------|--------------|------------------|
| Sat     | Feb 18       | 10a-12p Pre-test |
| Mon-Fri | Feb 20-24    | 7p-9:30p         |
| Mon-Fri | Feb 27-Mar 2 | 7p-9:30p         |

### 536561-43 Lifeguard & CPR/AED (Max 20)

|         |               |                  |
|---------|---------------|------------------|
| Sat     | Mar 3         | 10a-12p Pre-test |
| Mon-Fri | Mar 5-9       | 7p-9:30p         |
| Mon-Fri | Mar 12-Mar 16 | 7p-9:30p         |

### 536561-44 Spring Break Lifeguard & CPR/AED (Max 20)

|         |           |                  |
|---------|-----------|------------------|
| Sat     | Mar 17    | 10a-12p Pre-test |
| Mon-Fri | Mar 19-23 | 9a-4p*           |

\*Bring a lunch – refrigerator available!



For special accommodations, please call 623-930-2838. Hearing impaired, call TDD at 623-930-2197.