

N C A M A



Northern California
Aquatic Management
Association

Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
City of Nevada City 317 Broad St Nevada City, NV 95959 (530) 265-2496x129 Contact: Dawn Zydonis	Lifeguarding with Title 22 \$175 Materials included	4.5-4.10	M-Sa	8:30am-5pm	Memorial Park in Grass Valley	
	Lifeguarding with Title 22 Re-Certification \$60	2.12-2.15	F-M	9am-5pm	Memorial Park in Grass Valley	Students must provide own book and mask
	CPR/AED PR Recertification \$25	3.13	Sa	9am-5pm	Nevada City Veteran's Building	Students must provide own book and mask
	CPR/AED PR Recertification \$25	5.8	Sa	9am-5pm	Seaman's Lodge in Pioneer Park	Students must provide own book and mask

City of Rocklin 2650 Sunset Blvd. Rocklin, CA 95677 (916) 625-5200 Contact: Sharon Brooks	WSI \$252/\$262 Non-resident Material included	4.13-4.24	T, TH, Sa	6-10pm weeknights & 9am-5pm Sa	Rocklin High School/City Aquatics Complex 5301 Victory Lane, Rocklin	Includes FIT. Online Reg at www.rocklin.us/RecDirect Code #9341
	Lifeguard Training with Title 22 \$210/\$220 Non-resident Material included	3.29-4.2	M-F	8:30am-5pm	Whitney High School/City Aquatics Complex, 701 Wildcay Blvd, Rocklin	Online Reg at www.rocklin.us/RecDirect Code #9343

Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
City of Rocklin 2650 Sunset Blvd. Rocklin, CA 95677 (916) 625-5200	Lifeguard Training with Title 22 \$210/\$220 Non-resident Material included	4.25-5.2	Su-TH & Sa	9am-5pm weekends and 6-10 weeknights	Whitney High School/City Aquatics Complex, 701 Wildcay Blvd, Rocklin	Online Reg at www.roclin.us/RecDirect Code #9344
	Contact: Sharon Brooks Jr. Instructor Swim Camp \$82/\$92 Non-Resident Material included	3.29-4.1	M-TH	8:30am-12:30p	Rocklin High School/City Aquatics Complex 5301 Victory Lane, Rocklin	Online Reg at www.roclin.us/RecDirect Code #9339
Durham Recreation & Park District 9447 Midway Durham, CA 95938 345-1921	Lifeguard Certification \$150 Material Fee \$40	4.20-4.25	W-Su	5-10pm weekday 8am-4pm weekend	Dwight Brinson Swim Center 9451 Midway Durham, CA 95938	Prerequisites: 500 yrd swim, surface dive to 10ft, 15 & 1/2 years or older. Class limit of 20
	Contact: Ryan Taxara Adult, Child, & Infant CPR & First Aid \$60 CPR & \$35 First Aid	CPR		4.13 6-10pm 4.15 6-9pm	9447 Midway Durham, CA 95938 Room 71 next to rec. main building	Dealine 4.9.10
	Fulton-El Camino RPD 2201 Cottage Way Sacramento, CA 95825 (916) 927-3802	Lifeguard Training with Title 22 \$165/\$175 Non-Residents Materials included	3.29-4.2	M-F	9am-6pm	Arden Manor Pool
Contact: Becky Herz	Lifeguard Training \$140/\$145 Non-Residents Materials included	April 10, 11, 17, 18	Sat & Sun	9am-6pm	Cottage Pool	Two Weekends

Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
Fulton-El Camino RPD 2201 Cottage Way Sacramento, CA 95825 (916) 927-3802	Title 22 for Lifeguards Onl	1-May	Sa	9am-6pm	Cottage Center	Students bring own Mask Must have Red Cross Lifeguard and CPR-PR
	\$70/\$75 Non-Residents Book Included					
Contact: Becky Herz	WSI with FIT	May 21, 22, 28, 29 June 1, 2, 3, 4	2 Saturdays 6 weekdays	9am-6pm 3:30pm-7pm	Cottage Pool/Conzelmann Center (Howe Park)	Attendance of all days required
	\$170/\$180 Non-Resident Materials Included					
	CPR/AED Pro	Sunday	11-Apr	9am-6pm	Varies	Each class one day
	\$60/\$65 Non-Residents Materials Included			Call for summer and fall dates		
	CPR/AED Pro Recertification	4.24 6.13	Saturday Sunday	Call for times		Each class one day
	\$32					
	Lifeguard Instructor Training	12.20-12.2	M-W	TBD	TBD	Call in fall 2010 for more info.
	Fee: TBD Material Fee: TBD					
	Basic Water Rescue; First-Aid; Pet First Aid; Babysitting	These are additional Red Cross classes being offered. Contact for more information.				
	Fees: Vary Materials included					

Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
Cordova Recreation & Park District 2197 Chase Drive Rancho Cordova, CA 95670 (916) 362-1841 Contact: Diane Robinson	Lifeguard Training with Title 22					Precourse testing for all registrants is 3/24 at 6:15pm
	\$130 Material Fee \$38	3.29-4.2	M-F	8:30am-5pm	2197 Chase Dr. Rancho Cordova, CA 95670	
	Lifeguard Training with Title 22					Precourse testing for all registrants is 4/26 at 6:15pm
	\$130 Material Fee \$38	4.27-5.6, 5.8	T/W/TH& SA	6-9:30 weekday 9-5 Sa	2197 Chase Dr. Rancho Cordova, CA 95670	
	WSI with FIT \$125 Materials: \$60	4.6-4.17	T/W/TH/SA	5:30-9pm Weekday 8:30-11:30am 3:30 Sa	2197 Chase Dr. Rancho Cordova, CA 95670	
	Title 22 First Aid \$40	4.2	F	9am-5pm	2197 Chase Dr. Rancho Cordova, CA 95670	Must show current LGT and CPR
	LGT Review Course \$45	3.27	Sa	9am-5pm	2197 Chase Dr. Rancho Cordova, CA 95670	
Basic Water Rescue \$40	5.1	Sa	9am-1pm	2197 Chase Dr. Rancho Cordova, CA 95670	Discount for families	

Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
City of West Sacramento 2801 Jefferson Blvd West Sac, CA (916) 617-4770 Contact: Katie Houser	Lifeguard Training Feb.2010 \$135 Materials Included	2.9-2.28	T,TH, Sa	5-8pm weekday 9am-1pm Sa	West Sacramento Rec. Center	
	Lifeguard Training Spring Break Edition \$135 Materials Included	3.29-4.2	M-F	9am-5pm	West Sacramento Rec. Center	
City of Sacramento 4623 T St Sacramento, CA 95819 (916) 808-2306 Contact: Terri Matal	WSI \$125 Material Fee: \$60	4.6-4.17	T/W/TH/Sa	Weekday 5:30-9 pm Sa 8:30am-3:30pm	Cordova Pool	Co-sponsored with Cordova Parks and Rec
	Lifeguard Training \$100 Materials Included	Visit website: www.cityofsacramento.org/parksandrecreation/recreat/aquatics/academy.htm				
	<u>Lifeguard Academy \$150</u>	2.21-2.28	Sa & Su	9am-5pm		
	<u>Lifeguard Academy \$150</u>	3.13-3.21	Sa & Su	9am-5pm		
	<u>Lifeguard Academy \$150</u>	3.29-4.2	M-F	9am-5pm		
	<u>Lifeguard Academy \$150</u>	4.17-4.25 5.31-6.3,	Sa & Su	9am-5pm		
<u>Lifeguard Academy \$150</u>	7.7-7.10	M-TH	5-9pm			
Incline Village General Improv Dist 980 Incline Way Incline Village, NV 89450 (775) 832-1310 yourtahoeplace.com	Lifeguard Training \$157.50/\$197 Non-Res Materials Included	3.7-4.11	Su (None on 4.4)	1-7pm	RC Pool	Bring towels, suit, and snacks
	WSI \$157.50/\$197 Non-Res	4.18-5.30	Su (none on 5/9)	1-7pm	RC Pool	Bring towels, suit, and snacks

		Materials Included				
Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
Yuba City Parks and Recreation 421 C Street Yuba City, CA 95991 (530) 822-4655	ARC Lifeguard Training	4.12-4.19	M/W/F SA (17th only)	4-9pm weekday 8am-7:30 pm Sa	Gauche Aquatic Park	
	\$170/\$180 Non-Resident					
	Materials Included					
	ARC Lifeguard Training	5.10-5.17	M/W/F SA (15th only)	4-9pm weekday 8am-7:30 pm Sa	Gauche Aquatic Park	
	\$170/\$180 Non-Resident					
	Materials Included					
	ARC Lifeguard Training	6.9-6.13	W, TH Sa, Su	4pm-9pm 8am-7:30 pm	Gauche Aquatic Park	
\$170/\$180 Non-Resident						
Materials Included						
ARC WSI	3.23-3.31	T, W, F Sa, Su	6-9pm 8am-6pm	Gauche Aquatic Park		
\$170/\$180 Non-Resident						
ARC WSI	4.5-4.19	M-F	8am-3pm	Gauche Aquatic Park		
\$170/\$180 Non-Resident						
ARC WSI	5.17-5.28	M-F	5:30-9pm	Gauche Aquatic Park		
\$170/\$180 Non-Resident						
ARC Recertifications: L/G/First-Aid, CPR-PR, Title 22	6-May TH		CPR 5-6:15	L/G, First-Aid 6:15-7:30, Title 22 7:30-9		
Fee per certification	20-May TH					
\$45/\$55 Non-resident	3-Jun TH				Gauche Aquatic Park	

Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
Sunrise RPD 7801 Auburn Blvd Citrus Heights, CA 95610 (916) 725-1585 Contact: Marty Buell	Lifeguard Training \$200 Material \$10	3.6-3.21	Sa, Su	9am-5pm	Varied	
	Lifeguard Training \$200 Material \$10	3.27-4.2	Sa, M-F	9am-5pm	Varied	
	Lifeguard Training \$200 Material \$10	4.17-4.29	Sa M-TH	9am-5pm 6-9pm	Varied	
	Lifeguard Training \$200 Material \$10	5.15-5.27	Sa M-TH	9am-5pm 6-9pm	Varied	
	WSI \$185 Materials Included	April 17, 18 May 2 May3-7	8am-5pm 4:30-7:30pm		Varied	
	Jr. Lifeguard Training \$100 Materials Included	June 21-25	M-F	9am-12:30pm	Antelope Aquatic Complex	
	Basic Water Rescue \$35 Materials Included	30-May	9am-1pm	Antelop Aquatic Complex		
	Basic Water Rescue \$35 Materials Included	27-Jun	9am-1pm	Antelop Aquatic Complex		

Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
City of Davis 23 Russell Blvd. Davis, CA 95616 (530)757-5626 Contact: Sandra Montgomery	Lifeguard Training w/Title 22	Sa	3.6-4.3	8am-6pm	Community Pool 201 East 14th St, Davis, CA 95616	
	\$190/\$203 Non-Residents Materials: \$30					
	Lifeguard Training w/Title 22	Su plus Sa 4/3	3/7-3/28, 4/3	8am-6pm	Community Pool 201 East 14th St, Davis, CA 95616	
	\$190/\$203 Non-Residents Materials: \$30					
	Lifeguard Training w/Title 22	M-F	4/5-4/9	8am-6pm	Community Pool 201 East 14th St, Davis, CA 95616	
	\$190/\$203 Non-Residents Materials: \$30					
WSI with FIT	Sa, Su	5/8-5/16	8am-6pm	Community Pool 201 East 14th St, Davis, CA 95616		
\$190/\$203 Non-Residents Materials Included						
Lifeguarding Review	Sa, Su	2.27-2.28	8am-6pm	Community Pool 201 East 14th St, Davis, CA 95616	Must have current certifications or within 12 months of expiration	
\$95/\$108 Non-Residents Materials Included						
LGI	F, Sa, Su	4/9-4/11	F 6-10pm Sa, Su 7:30am- 6:30pm	Community Pool 201 East 14th St, Davis, CA 95616	Must haf FIT Cert	
\$190/\$203 Non-Resident Materials Included						

Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
Consumnes CSD 9014 Bruceville Rd Elk Grove, CA 95758 (916) 405-5600 Contact: Beth Gegogaine	ARC Lifeguard Training	3/29-4/1	M-TH	9:30-3:30pm	Wackford	Do not offer Ellis Training, All Ellis guards need to complete a Red Cross Course
	\$170 Materials Included					
	ARC Lifeguard Training	4/6-4/9	T/Th	5-8pm	Wackford	Do not offer Ellis Training, All Ellis guards need to complete a Red Cross Course
	\$170 Materials Included		Sa/Su	9am-3pm		
	ARC Lifeguard Training	4/17-4/24	Sa	9am-3pm	Wackford	Do not offer Ellis Training, All Ellis guards need to complete a Red Cross Course
	\$170 Materials Included		M/T/W	5-9pm		
	ARC Lifeguard Training	5/4-5/12	M/T/W	5-9pm	Wackford	Do not offer Ellis Training, All Ellis guards need to complete a Red Cross Course
	\$170 Materials Included					

Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
Consumnes CSD 9014 Bruceville Rd Elk Grove, CA 95758 (916) 405-5600 Contact: Beth Gegogeing	ARC Lifeguard Training	5/16-5/27	Su	9am-3pm	Wackford	Do not offer Ellis Training, All Ellis guards need to complete a Red Cross Course
	\$170 Materials Included		T/TH	5-9pm		
	ARC CPR-PR Recert	7-Apr	W	5-9pm	Wackford	
	\$45 Materials Included					
	ARC CPR-PR Recert	22-Apr	TH	5-9pm	Wackford	
	\$45 Materials Included					
	Basic Water Rescue	8-May	Sa	8am-12pm	Wackford	
\$50 Materials Included						
WSI	3/29-4/2	M-F	9am-3pm	Wackford		
\$225 Materials Included						
WSI	4/19-5/5	M,W Su	6-9:30 pm 10am-3pm	Wackford		
\$225 Materials Included						

Facility	Class/Fee	Dates	Days	Times	Location	Additional Information
Sacramento Area YMCA 2021 W St Sacramento, CA 95818 (916) 452-9622 www.sacymca.org Contact: Sabrah Spencer	Lifeguard Training	3/5-3/14	F	5-8pm	2021 W St Sacramento, CA	
	\$175/\$200 Non-Members		Sa	8:30am-5:30pm		
	Materials Included		Su	12-8pm		
	Lifeguard Training	3/29-4/2	M-F	9am-5pm	TBD	
	\$175/\$200 Non-Members					
	Materials Included					
	Lifeguard Training	4/30-5/9	F	5-8pm	2021 W St Sacramento, CA	
	\$175/\$200 Non-Members		Sa	8:30am-5:30pm		
	Materials Included		Su	12-8pm		
	Lifeguard Training	5/7-5/16	F	5-8pm	TBD	
	\$175/\$200 Non-Members		Sa	8:30am-5:30pm		
	Materials Included		Su	12-8pm		
	Lifeguard Training	5/14-5/23	F	5-8pm	2021 W St Sacramento, CA	
	\$175/\$200 Non-Members		Sa	8:30am-5:30pm		
Materials Included		Su	12-8pm			
Lifeguard Training	6/14-6/18	M-F	9am-5pm	2021 W St Sacramento, CA		
\$175/\$200 Non-Members						
Materials Included						
Title 22	4/17-4/18	Sa	12-8pm	2021 W St Sacramento, CA		
\$100		Su	12-8pm			
Materials Included						
Title 22	5/29-5/30	Sa	12-8pm	2021 W St Sacramento, CA		
\$100		Su	12-8pm			
Materials Included						
Title 22	9/25-9/26	Sa	12-8pm	2021 W St Sacramento, CA		
\$100		Su	12-8pm			
Materials Included						
CPR-PR, O2, BBP	6/12-6/13	Sa	10-5pm	2021 W St Sacramento, CA		
		Su	12-5pm			
Materials Included						
CPR-PR, O2, BBP						
Challenge courses	Offered throughout the year. Call for info					2021 W St Sacramento, CA