

2012 NCAMA Aquatic and Safety Classes

1

Facility	Class/Fee	Date/Time	Location	Additional Information
Auburn Rec District 123 Recreation Dr. Auburn, CA 95603 (530) 885-8461 Contact: Sheryl Petersen SPetersen@auburnrec.com	Lifeguarding/AED Fee - \$170 Material Fee - Red Cross Fee	4/1-4/7 S-S 8am-5pm	Sierra Pool	
		4/13-4/28 FSS 6pm-9pm, 8am-5pm, 1pm-5pm		
Chico Parks and Recreation 545 Vallombrosa Ave Chico, Ca 95926 (530) 895-4711 ex 103 Contact: Edward Johnson ejohnson@chicorec.com	LIFEGUARD TRAINING Fee - 190	4/19-4/29 Times Vary	SHAPIRO POOL	
		5/10-5-21 Times Vary		
	WSI Fee - 195	4/26-5/6 Times Vary		
	LG RECERT Fee - 145	5/5-5/6 Times Vary	SHAPIRO POOL	
Cordova Rec & Park Dist. 2197 Chase Dr. Rancho Cordova, CA 95670 (916) 362-1841 Contact: Diane Robinson d Robinson@crpd.com	Water Safety Instructor Fee - 125 Material Fee - 60	M-F, April 2-6 9 am - 5 pm	Cordova Community Center & Pool	
	Lifeguard Training w/ Title 22 First Aid Fee - 135 Material Fee - 35	M-Th, May 9-17 and Sat. 5/19 M-Th, 6-9:30 pm and Sat 9am - 5 pm	Cordova Community Center & Pool	Price may change, waiting for new material/class info
	Lifeguard Training Instructor Fee - 100 Material Fee - unknown TBA	M-Th, March 19-29 and Sat, March 31 M-Th, 6-9 pm, Sat, 9-5 pm	Cordova Community Center & Pool	Students will need to bring their own copies of LG text, pocket mask & FIT certificate
	Lifeguard Training review Fee - 45 Material Fee - new text ???	Saturday, March 31 9-5 pm	Cordova Community Center & Pool	Will include new lifeguard material/skills
	Title 22 First Aid Fee - 45 Material Fee - EMR book	Saturday, May 19 9-5 pm	Cordova Community Center & Pool	
Cosumnes CSD 9014 Bruceville Rd. Elk Grove, CA 95758 (916) 405-5634 Contact: Beth Gegogaine	ARC LGT Review Fee - \$90	W/Sat 3/28-3/31 W 6pm-9pm, S 9am-1pm	WCAC	Must have current ARC Lifeguard certification
	ARC Lifeguard Training Fee - \$185	M, Th, Sat 3/19-3/29 M, Th 4:30pm-9pm, Sat 9am-5pm	WCAC	
		T, Th, Sat 4/10-4/19 T, Th 4:30pm-9pm, Sat 9am-5pm		
		T, Th, Sat 5/8-5/17 T, Th 4:30pm-9pm, Sat 9am-5pm		
ARC CPR Professional Rescuer for Lifeguards Recertification Fee - \$54	T 3/13 5pm-9pm T 4/24 5pm-9pm	WCAC	must have current CPR-FPR card	

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Cosumnes CSD Cont	WSI Fee - \$225	M-F 4/2-4/6 9am-3pm M, W, Sun 4/16-5/2 M, W 6pm-9:30pm, Sun 10am-3pm	WCAC		
City of Davis 23 Russell Blvd. #5 Davis, Ca 95616 (530) 757-5626 Contact: Sandra Montgomery smontgomery@cityofdavis.org	Lifeguard Training w/Title 22 Fee \$200 Material Fee - \$30	CLASS 1: Saturdays 3/3-3/31 CLASS 2: Sundays 3/4-3/25 plus Saturday 3/31 Time - 8:00 a.m. - 6:00 p.m.	Community Pool Building & Manor Pool		
	Water Safety Instructor w/F.I.T. Fee - \$200	Saturdays & Sundays 5/5-5/13 Time - 8:00 a.m. - 6:00 p.m.	Community Pool Building & Manor Pool		
	Fundamentals of Instructor Training (F.I.T.) Fee - \$50	Saturday 2/25 Time - 9:00 a.m. - 2:00 p.m.	Community Pool Building		
	Lifeguard Instructor Training (LGI) Fee - \$200	Saturdays & Sundays 4/14-4/22 Time - 9:00 a.m. - 5:00 p.m.	Community Pool Building & Manor Pool	Must have current LGT certifications or within 12 months of expiration; Must have F.I.T. certification	
	Lifeguard Training Challenge Fee - \$75	CLASS 1: Sunday 4/1 11:00 a.m. - 6:00 p.m. CLASS 2: Saturday & Sunday 6/2 & 6/3 Saturday 6/2 9:00 a.m. - 12:00 p.m. Sunday 6/3 8:00 a.m. - 12:00 p.m.	Community Pool Building & Manor Pool	Must have current certifications or within 12 months of expiration	
	CPR/AED for Lifeguards Challenge Fee - \$50	CLASS 1: Sunday 4/1 11:00 a.m. - 2:00 p.m. CLASS 2: Saturday 6/2 Saturday 9:00 a.m. - 12:00 p.m.	Community Pool Building & Manor Pool	Must have current certifications or within 12 months of expiration	
	Basic Water Safety Fee - \$50	CLASS 1: Sunday 4/29 1:00 p.m. - 5:00 p.m. CLASS 2: Saturday 8/11 8:00 a.m. - 12:00 p.m.	Manor Pool		

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Durham Recreation & Park District P.O. Box 9447 Midway Contact: Ryan Taxara ryan@durhamrec.com	Adult Aqua Aerobics Fee - \$45 season pass or drop in fee \$2	6/4-8/12/12 Monday-Friday 11:45-12:45pm	Dwight Brinson Swim Center	Must be 18 or over to attend class
	Swim Lessons (Parent/Tot-Level 5) Fee - \$41.00	Mon-Thur Sess. 1 (6/4-6/14), 2 (6/18-28), 3(7/11-21) & 4(7/25-8/4) AM Sessions (9:00-11:30) PM Sessions (5:00-7:00)	Dwight Brinson Swim Center	Registration and Level info at recreation office or www.durhamrec.com
El Dorado Hills CSD 1021 Harvard Way El Dorado Hills, CA 95762 (916) 614-3217 Contact: Teri Gotro tgotro@edhcsd.org	Lifeguard Training Fee - \$192	Apr 2-6 9am-5pm	El Dorado Hills CSD	
Fulton El-Camino Rec & Park 2201 Cottage Way Sacramento, CA 95825 (916) 927-3802 Contact: Teri deRosier tderosier@fecrecpark.com	Lifeguard Training w/Title 22 Fee - \$180 non-resident/ \$170 resident	M-F April 2-6 9am-6pm	TBA	Must be 15+, able to swim 300 yards, perform a feet-first surface dive and swim 20 yds. w/10 lbs. brick
	WSI w/FIT \$185 non-resident/\$175 resident	F&Sa May 18-26 & Tu-F May 29-June 1 varied by day - TBA	Cottage Pool	Must be 16 years of age
	Lifeguard Training (NO Title 22) Fee - \$150 non-resident/\$145 resident	Sa&Su April 14-22 OR F-M May 25-28 9am-6pm	Cottage Pool	Must be 15+, able to swim 300 yards, perform a feet-first surface dive and swim 20 yds. w/10 lbs. brick
	Title 22 First Aid (for Lifeguards only) Fee - \$75 non-resident/\$70 resident	Sa April 28 9am-7pm	Cottage Center	Must be Lifeguard/CPR for the Professional Rescuer certified.
	Lifeguard/Title 22 Re-certification Fee - \$55 non-resident/\$50 resident	F April 6 (location TBA) or Su April 22 (LG only) or Sa May 5 9:00am-6:00pm	Cottage Pool	April 6 (location TBA) / April 22 (LG only)
	First Aid/CPR Adult, Child & Infant Fee - \$65 non-resident/\$62 resident	Saturday's, Jan. 14, Feb 11, March 10, Aug 11, Sept 8, Oct 13, 9am-3pm	Conzelmann Community Center	With a group of 5 or more, additional classes may be arranged.
	Basic Water Rescue Fee - \$35	F June 22 TBA	TBA	With a group of 5 or more, additional classes may be arranged.
	CPR for the Professional Rescuer w/AED Fee - \$65 non-resident/\$62 resident re-cert: \$35 non-resident/\$32 resident	Various dates/days to choose from currently scheduled April - June Times: TBA	Cottage Center or Conzelmann Community Center	With a group of 5 or more, additional classes may be arranged.

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City of Newark	Shallow Water Lifeguard	M-F 1/2-1/6	Silliman Family Aquatic Center	

6800 Mowry Ave Newark, Ca 94560 (510) 578-4630 Contact: Peter Beireis peter.beireis@newark.org	Fee - \$185 resident/\$195 non resident	8am-4pm		
	Shallow Water Lifeguard Fee - \$185 resident/\$195 non resident	M-F 4/9-4/13 8am-4pm	Silliman Family Aquatic Center	
City of Nevada City 317 Broad St. Nevada City, CA 95959 (530) 265-2496 Contact: Dawn Zydonis dawn.zydonis@co.nevada.ca.us	Lifeguard Training & Title 22 Fee - TBD Material Fee - TBD	April 2-6 9a-5p each day	Grass Valley Memorial Park Pool	
	CPR-AED for the Professional Rescuer and Oxygen Administration Fee - TBD Material Fee - TBD	Saturday, March 10 9a - 5p Saturday, May 12 9a-5p	Nevada City Veteran's Building Seaman's Lodge in Pioneer Park	
Paradise Rec & Park Dist. 6626 Skyway Paradise, CA 95969 (530) 873-2728 Contact: Dean Moore dean_prpd@sbcglobal.net	Lifeguard Training Including Title 22 First Aid & CPR/FPR Fee: TBA	May Times: TBA	Paradise Pool	
	Water Safety Instructor Training Fee: TBA	May Times: TBA	Paradise Pool	
City of Placerville 549 Main Street Placerville, Ca 95667 (530) 642-5232 Contact: Kimberley Stewart Kstewart@cityofplacerville.org	Lifeguard Training Fee - \$150 Material Fee - \$37	March 24, 25, 31, and April 1 (Saturdays & Sundays) 9am-4:30pm	El Dorado High School	Title 22 not included
City of Rocklin 2650 Sunset Blvd. Rocklin, Ca 95677 (916) 625-5200 Contact: Sharon Mahany Brooks sharon.brooks@rocklin.ca.us	Lifeguard Training	TBA (April 2012)		
	WSI	TBA (May 2012)		
City of Roseville 10210 Fairway Drive Roseville, CA 95747 (916) 774-5957 Contact: Kate Rebello krebello@roseville.ca.us	Lifeguard Training Fee - \$173/\$160 Resident Discount Material Fee - Lifeguarding Book-\$45	Saturday/Sunday; Feb 25-March 11 8:30am-5:00pm Saturday/Sunday, Monday-Thursday; March 17-25 Sat/Sun 8:30-5:00pm; Mon-Thu 4:30-8:30pm	Roseville Aquatics Complex	
	Lifeguard Training Fee -\$255/\$235 Resident Discount Material Fee - Lifeguarding Book-\$45	Saturday, Monday-Friday; March 31, April 2-6 8:30am-5:00pm		
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Facility	Class/Fee	Date/Time	Location	Additional Information
City of Sacramento 4623 T Street	Lifeguard Instructor Class Fee - \$150	Tue-Fri 12/27-12/30 9:00-5:30pm	Pannell Meadowview Pool	contact Satephanie Collier (916) 808-3807 scollier@cityofsacramento.org

Sacramento, CA 95819 (916) 808-3807 Contact: Stephanie Collier scollier@cityofsacramento.org	Lifeguard Training Course Fee - \$150	Sat/Sun 3/4-3/18 9am-5pm	ATC Aquatics Training Center	contact Satephanie Collier (916) 808-3807 scollier@cityofsacramento.org
		3/19-3/23 Mon-Fri 9am-5pm	ATC Aquatics Training Center	contact Satephanie Collier (916) 808-3807 scollier@cityofsacramento.org
		4/2-4/6 Mon-Fri 9am-5pm	ATC Aquatics Training Center	contact Satephanie Collier (916) 808-3807 scollier@cityofsacramento.org
		4/14-4/28 Sat/Sun 9am-5pm		
		4/29-5/13 Sun*/Sat 9am-5pm		
	Lifeguard Training Conditioning Class Fee - \$56	M/W/F 2/20-3/2; 3/5-3/16 5:00-5:40pm M/W/F 3/26-4/6; 4/23-5/4 5:15-5:55pm		
Southgate Parks and Recreation 4000 Fruitridge Rd Sacramento, Ca 95820 (916) 422-7330 Contact: Jackie Beecham jbeecham@southgaterecandpark.r	Lifeguard Training Fee - \$110 Material Fee - \$45	4/2/2012 - 4/6/2012, Monday - Friday 9:00am - 4:00pm 4/9/2012 - 4/19/2012, Monday - Thursday 5:00pm - 9:00pm	Rutter Swim Center & Fruitridge Aquatic Center	
	Title 22- First Aid for Public Safety Personnel Fee - \$75 Material Fee - \$25	5/7/2012 - 5/10/2012, Monday - Thursday 5:00pm - 9:00pm	Fruitridge Aquatic Center	
	Lifeguard/CPR for Professional Rescuer Recertification Course Fee - \$60	4/28 9:00am - 12:00pm	Rutter Swim Center	
City of South Lake Tahoe 1180 Rufus Allen Blvd. South Lake Tahoe, CA 96150 (530) 542-6057 Contact: Cindy Beberg cbeberg@cityofslt.us	WFLG, 1st Aid, and CPR/AED for the Pro Fee - \$220.00 Material Fee - \$40.00	Dates: TBA 8:00am-5:00pm, Sundays	South Lake Tahoe Recreation & Swim Complex	Please call to get on the interest list for new class forming for Winter & Spring 2012
	Title 22 - First Aid for Public Safety Personnel Fee - \$50.00 Material Fee - \$40.00	Days/Dates - TBD 8:00am-5:00pm, Sundays	South Lake Tahoe Recreation & Swim Complex	Please call to get on the interest list for new class forming for Winter & Spring 2012
Sunrise Rec & Park Dist. 7801 Auburn Blvd. Citrus Heights, CA 95610 (916) 725-1585 Contact: Marty Buell mbuell@sunriseparks.com	Lifeguard Training Fee - \$200 Material Fee - \$10 - Pocket Mask	March 10 - 25, 2012 (Saturday/Sunday) 9:00AM - 5:00PM	Antelope Aquatic Complex	
	Lifeguard Training Fee - \$200 Material Fee - \$10 - Pocket Mask	March 31 - April 6, 2012 Saturday & Monday through Friday 9:00AM - 5:00PM	Rusch Park/Pool & Antelope Aquatic Complex	
	Lifeguard Training Fee - \$200 Material Fee - \$10 - Pocket Mask	April 14 - April 26, 2012 Saturday & Monday through Thursday Saturday - 9:00AM - 5:00PM Monday through Thursday 6:00 - 9:00PM	Rusch Park/Pool & Antelope Aquatic Complex	
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Sunrise Rec & Park Dist. Cont	Water Safety Instructor Fee - \$185	Monday, April 23 & 30 / Wednesday, April 25 & May 2 / Sunday, April 29 &	Rusch Park/Pool & Antelope Aquatic Complex	

		May 6 / Monday - Friday, May 7 - 11 Time - April 23, 25, 30 & May 2 is 6:00 - 9:00PM / April 29 & May 6 is 8:30AM - 5:00PM May 7 - 11 is 4:30 - 7:00PM		
	Jr. Lifeguard (Guard Start) Fee - \$100	Monday through Friday, June 18 - 22 9:00AM - 12:30PM	Antelope Aquatic Complex	
	Jr. Lifeguard (Guard Start) Fee - \$100	Monday through Friday, July 9 - 13 9:00AM - 12:30PM	Antelope Aquatic Complex	
UC Davis Rec Pool CA 95616 530.752.2695 Janna Tolla jmtolla@ucdavis.edu	Junior Lifeguarding Fee - 225	Monday-Thursday for two weeks 10:30am-12:30pm	Rec Pool	includes trip to Raging Waters, a t-shirt and whistle
City of West Sacramento 2801 Jefferson Blvd West Sacramento, CA 95691 (916)617-4770 Contact: Katie Houser katieh@cityofwestsacramento.org	Lifeguard Certification Fee - \$175	Monday April 2 - Friday April 6, 2012 9am-5pm daily	West Sacramento Recreation Center	Class includes CPR/AED, First Aid, and Title 22.
YMCA Superior California 2021 W Street Sacramento, Ca 95815 916-452-9622 ext 106 Contact: Maddy mhoe@ymcasuperiorcal.org	Lifeguarding Fee - \$150.00	January 2nd through January 7th 2pm-8pm	Sacramento YMCA 2021 W. Street	Indoor heated pool, certification includes Lifeguard, CPR-PR, AED, Oxygen, First Aid
		February 29 through March 3 5pm to 9pm	at El Camino High School	
	Basic CPR/ 1st Aid Fee - \$75	Saturday March 3 CPR Sunday March 4 1st Aid Sat 9am-2pm Sunday 12pm -4pm Tuesday May 29, Wednesday May 30 5:30pm-10pm	Sacramento YMCA 2021 W. Street	American Safety and Health Institute Certification (ASHI)











