

# SAN MATEO ATHLETIC CLUB

On the campus of the College of San Mateo

Seeks enthusiastic individuals for the following positions:



# Lifeguard Swim Instructor

The San Mateo Athletic Club on the campus of the College of San Mateo is recruiting for lifeguards, swim instructors and coaches for their aquatics center.

**Qualifications:** All applicants must be at least 18 years of age and possess a current American Red Cross certification in CPR/AED for the Professional Rescuer and Lifeguarding/First Aid. Previous experience is preferred.

**If you are not yet certified:** Please contact [fallons@smccd.edu](mailto:fallons@smccd.edu) to register for the next American Red Cross Certification Course!

**Pay:** \$10 - \$20 per hour, based on experience. These are part-time positions and can be year-round or summer season only. Candidates need to be available to work varied shifts, including weekends.

**Application:** Apply now! Visit [www.meditfit.com](http://www.meditfit.com) to complete the application.

**Questions? Interested in becoming American Red Cross Lifeguard Certified?**

Contact Samantha Fallon at [fallons@smccd.edu](mailto:fallons@smccd.edu)



Please see next page for 2015 Lifeguard Certification Course Listings:



# SAN MATEO ATHLETIC CLUB

## AMERICAN RED CROSS **LIFEGUARD CERTIFICATION COURSE**

**Course Description:** Do you have what it takes to be a lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

### **2015 LIFEGUARD Course Dates:**

**SESSION 2:** Friday, February 13th – Monday, February 16<sup>th</sup>  
DAY 1: 5:30pm-10pm DAY 2: 12pm-7pm DAY 3: 12pm-7pm Day 4: 8am-4pm

**SESSION 3:** Monday, March 23rd – Friday, March 27th  
9am-3pm each day

**SESSION 4:** Monday, March 30th – Friday, April 3rd  
9am-3pm each day

**SESSION 5:** Monday, April 6th – Friday, April 10th  
9am-3pm each day

**SESSION 6:** Monday, April 20th – Friday, April 24th  
9am-3pm each day

**SESSION 7:** Friday, April 24th – Monday, April 27th  
DAY 1: 5:30pm-10pm DAY 2: 12pm-7pm DAY 3: 12pm-7pm Day 4: 8am-4pm

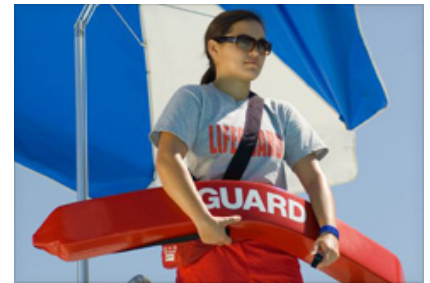
**SESSION 8:** Friday, May 22nd – Monday, May 25th  
DAY 1: 5:30pm-10pm DAY 2: 12pm-7pm DAY 3: 12pm-7pm Day 4: 8am-4pm

**SESSION 9:** Monday, June 1st – Friday, June 5th  
9am-3pm each day

**SESSION 10:** Monday, June 8th – Friday, June 12th  
9am-3pm each day

\*\*\*note: 100% attendance is required to complete the course!

**PLEASE NOTE:** Course participants must be at least 15 years old and good swimmers\*. They must be able to swim 300 yards using front crawl (freestyle), tread water without using their hands for 2 minutes, complete a timed event and retrieve a brick in 7 feet of water. If you are not a strong swimmer, please take swimming lessons before the lifeguard training class. You will NOT be able to continue in the class if you fail the swim test on the first day. To successfully complete the course, participants must attend all sessions, score at least 80% on two written tests and pass the practical portion of the exam.



### **Cost:**

SMAC Members: \$275

Guests: \$300

Payments can be made at the Courtesy Desk in the form of cash, check, or credit card. Please make checks out to: San Mateo Athletic Club. Payments must be received prior to the first day of the course in order to enroll. Participants must be at least 15 years of age to register!

For more information contact our Aquatics Desk at 650.378.7383

OR e-mail Samantha at [fallons@smccd.edu](mailto:fallons@smccd.edu)