

# Pool Lifeguard Tryout

At the

## Carpinteria Community Pool



**You must sign up to attend tryout**

<https://www.signupgenius.com/go/60B044FA4A62AA1FA7-48271150-lifeguard>

**Pre-requisite:** Must be at least 15 yrs. old to participate. Swim 300 yards (12 laps) continuously using these strokes in the following order:

1. 50 yards of front crawl using rhythmic breathing and a stabilizing propellant kick
2. 50 yards of breast stroke using a pull, breathe, and glide sequence.
3. 200 yards of either front crawl or breast stroke. (May be a combination of both).
4. Must be able to dive 7 feet and retrieve 10 lb. brick, swim 20 yds. and exit pool

### In Person Skills Test and Interview:

Saturday, April 20 <sup>th</sup>	10:00 AM – 11:00AM (STARTS @ 10AM)
Saturday, April 20 <sup>th</sup>	11:00AM – 12:00PM (STARTS @ 11:00AM)
Saturday, April 20 <sup>th</sup>	12:00PM – 1:00PM (STARTS @ 12:00PM)
Saturday, April 27 <sup>th</sup>	10:00 AM – 11:00AM (STARTS @ 10AM)
Saturday, April 27 <sup>th</sup>	11:00AM – 12:00PM (STARTS @ 11:00AM)
Saturday, April 27 <sup>th</sup>	12:00PM – 1:00PM (STARTS @ 12:00PM)

**If skills test and interview is passed you will be invited back to do a lifeguard training.**

Lifeguard Training includes CPR for the professional Rescuer / AED and First Aid. This is a blended learning class with an e-learning component, so students must have a computer and internet access available. In person skill sessions are combined with eLearning and *students must come to the skill sessions fully prepared having completed the online material.*

Contact John at  
[johns@carpinteriaca.gov](mailto:johns@carpinteriaca.gov) for more information.



City of Carpinteria  
Parks and Recreation