

Due to 2011-2012 budget reductions, the Aquatics Section will not offer aquatics programming during the spring. For more information, please call the general aquatics line at 808-2306, email [aquatics@cityofsacramento.org](mailto:aquatics@cityofsacramento.org) or visit our website at <http://www.cityofsacramento.org/parksandrecreation/recreation/aquatics/index.html>



Classes begin March 2012  
Call 808-2306 or

Visit our website at <http://www.cityofsacramento.org/parksandrecreation/recreation/aquatics/academy.htm> for classes, dates and detailed information.

## Sacramento Lifeguard Academy

Ages: 15+

It's not too early to start planning to be a lifeguard this summer! Develop job skills to become a lifeguard. Attendance at all 5 classes are required. \$150 fee will be reimbursed to persons who pass this course, apply to work for the City of Sacramento AND SUCCESSFULLY COMPLETE the season. City lifeguards are eligible for performance incentives and free CPR and First Aid classes. Don't wait until June to train to be a lifeguard!

98947	3/4-3/18	Sun*/Sat	9:00am-5:00pm
98950	3/19-3/23	Mon-Fri	9:00am-5:00pm
99023	4/2-4/6	Mon-Fri	9:00am-5:00pm
98949	4/14-4/28	Sat/Sun	9:00am-5:00pm
98951	4/29-5/13	Sun*/Sat	9:00am-5:00pm

\*Sunday start dates

Instructor: Aquatics Staff

Fee: \$150

## Lifeguard Training Conditioning

Are you planning to take Lifeguard Training to be a summer lifeguard? Lifeguard training requires some swimming ability and a pre-course swim test. If you have not been in the water or feel you are a weak swimmer, then this class is for you. This is a swimming/conditioning class. Attendance at this class does not guarantee you will pass the pre-course swim test.

98952	2/20-3/2	M/W/F	5:00-5:40pm
98953	3/5-3/16	M/W/F	5:00-5:40pm
98954	3/26-4/6	M/W/F	5:15-5:55pm
98955	4/23-5/4	M/W/F	5:30-6:10pm

Location: ATC Aquatics Training Center

Instructor: Aquatics Staff

Fee: \$56

## Clunie Pool at McKinley Park POLAR BEAR PLUNGE

**Saturday, January 7, 2012**

**10:00am-12:00pm**

**\$5 Adults & Children**

What's wilder than snow falling in Sacramento?

A Polar Plunge where everyone jumps into an un-heated pool!

*This will be a fund-raising event for The City of Sacramento Swimming Pools.*

Mark your calendars, enjoy a great family activity and show your support for the swimming pools.

Visit [www.cityofsacramento.org/parksandrecreation/aquatics](http://www.cityofsacramento.org/parksandrecreation/aquatics) more information soon!

## Help Support our pools with the Fun Family Event!

## Summer Preview

Visit the web for aquatics information in early March. Aquatics program information and registration will be available April 16 online at <http://www.parksandrecreation.cityofsacramento.org>. All programs and dates are subject to change or cancellation.

### Swim Lessons

Swim lessons for summer 2012 will begin at selected swimming pools on June 25. We offer a wide variety of levels: Blowfish (parent and tot), Starfish (pre-school water orientation), Sea Shrimp (new bridge class between Starfish and Sea Horses), Sea Horses, Sea Turtles and Sea Eels (learn-to-swim); lessons for adults and Access Aquatics lessons for individuals with disabilities. Look for your Summer 2012 Recreation and Community Programs Directory for registration information. Call 808-2306 for additional information.

### Recreational Swim Team

Program TBA

### Junior Lifeguard Academy

Teens 12-15 can learn useful skills as a junior lifeguard.

Classes begin mid July.



**Get Paid to Wear Shades!**

## JOIN THE CITY OF SACRAMENTO AQUATICS TEAM!

Many summer job opportunities are available. City lifeguards are eligible for bonuses and free CPR and First Aid classes. Starting pay for first year lifeguards is \$10.52 per hour.

**Pool Manager • Assistant Pool Manager • Senior Lifeguard • Lifeguard • Cashier**

Call 808-2306 to request an application packet or visit [www.cityofsacramento.org/parksandrecreation/employ](http://www.cityofsacramento.org/parksandrecreation/employ) for more information and specific job descriptions.

Interviews will be held late March and early April.