



# 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! **Course listings are on the next page!**

**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.

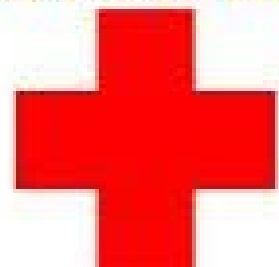
**Application:** Apply now! Visit [www.meditfit.com](http://www.meditfit.com) to complete the application.

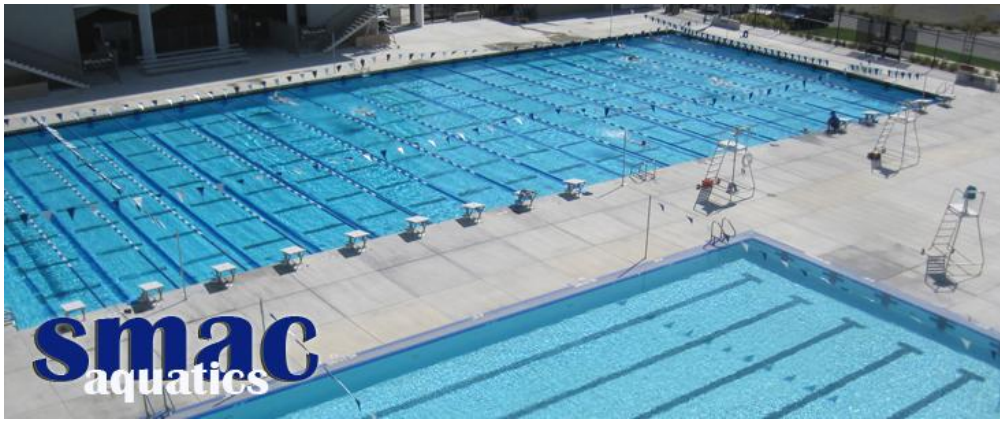
**Questions?**

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

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

**LIFEGUARD**





# 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. Participants must be at least 15 years of age.

### Next LIFEGUARD Course Dates:

**Session I: Monday, March 31<sup>st</sup> – Friday, April 4<sup>th</sup>**  
8am-4pm each day

**Session II: Monday, April 7<sup>th</sup> – Friday, April 11<sup>th</sup>**  
8am-4pm each day

**Session III: Monday, April 21<sup>st</sup> – Friday, April 25<sup>th</sup>**  
8am-4pm each day

**Session IV: Saturday, May 24<sup>th</sup> – Monday, May 26<sup>th</sup>**  
8am-6pm each day

**Session V: Tuesday, June 17<sup>th</sup> – Saturday, June 21<sup>st</sup>**  
8am-4pm Tuesday-Friday, 2pm-7pm Saturday

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



# BE A LIFEGUARD

**Cost:** San Mateo Athletic Club 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 650.378.7374



# SAN MATEO ATHLETIC CLUB

## AMERICAN RED CROSS LIFEGUARD RE-CERTIFICATION CHALLENGE COURSE

**Course Description:** This is a fast-paced review course with a main focus on the hands-on skills of Lifeguarding (CPR/AED/First Aid and Water Rescues). There will be limited time allocated to book review. Studying in advance ensures that participants get the most out of their recertification course and are better prepared to pass the written exams. Participants must be currently certified or have successfully completed an American Red Cross Lifeguard Training course within the last two years. Successful completion results in a 2-year certification renewal. Digital certificate available upon successful completion of course.



### Next LIFEGUARD RECERTIFICATION CHALLENGE Course Dates:

**Session II: Saturday, April 12<sup>th</sup>**

**Session III: Saturday, May 17<sup>th</sup>**

**Session IV: Saturday, June 7<sup>th</sup>**

Class sessions are from 2pm-7pm

**Cost:** San Mateo Athletic Club Members: \$75

Guests: \$90

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 650.378.7374