

LIFEGUARD READY TRAINING PROGRAM

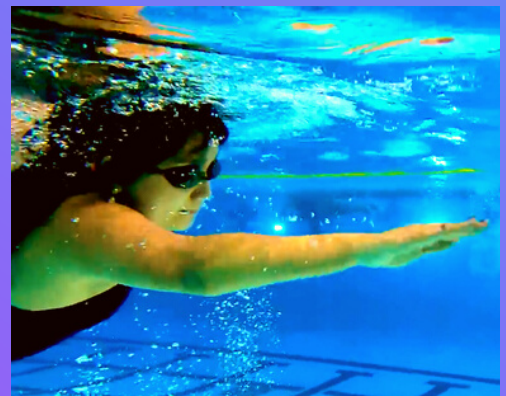
LA COUNTY PARKS AND RECREATION RELAUNCHES ITS
FREE POOL LIFEGUARD READY TRAINING (LRT) PROGRAM

LRT prepares youth and young adults ages 16 to 24 with the skills necessary to become a Los Angeles County Swimming Pool Lifeguard. Swimmers of all abilities welcome. Sign up today at one of our nine training facilities located throughout LA County.

The LRT program will provide participants with all the equipment necessary to complete the program including:

- swimsuits
- towels
- duffel bags
- goggles
- free transportation to training site
- and more!

Participants are expected to attend all 12 training sessions.



FOR MORE INFORMATION, VISIT:
[PARKS.LACOUNTY.GOV/LRT](https://parks.lacounty.gov/lrt)





LIFEGUARD READY TRAINING PROGRAM

SESSION 1: 10/3 – 11/10

GEORGE LANE - TH/FRI 4-6PM
EL CARISO - MON/WED 4-6PM
LOMA ALTA - TUE/THU 4-6PM
OBREGON - MON/WED 5-7PM
BETHUNE - TUE/THURS 5-7PM
TED WATKINS - MON/WED 5-7PM
ALONDRA - MON/WED 4-6PM
DON KNABE - TUE/THUR 4-6PM

SESSION 2: 1/17 – 2/24

GEORGE LANE - TH/FRI 4-6PM
EL CARISO - MON/WED 4-6PM
LOMA ALTA - TUE/THU 4-6PM
OBREGON - MON/WED 4-6PM
WHITTIER - MON/WED 5-7PM
BETHUNE - TUE/THURS 4-6PM
TED WATKINS - MON/WED 4-6PM
ALONDRA - MON/WED 4-6PM
VICTORIA - TUE/THUR 4-6PM

SESSION 3: 3/6 – 4/14

GEORGE LANE - TH/FRI 4-6PM
EL CARISO - MON/WED 4-6PM
LOMA ALTA - TUE/THU 4-6PM
OBREGON - MON/WED 4-6PM
WHITTIER - MON/WED 5-7PM
BETHUNE - TUE/THURS 4-6PM
TED WATKINS - MON/WED 4-6PM
ALONDRA - MON/WED 4-6PM
VICTORIA - TUE/THUR 4-6PM

SESSION 4: 4/24 – 6/2

GEORGE LANE - TH/FRI 4-6PM
EL CARISO - MON/WED 4-6PM
LOMA ALTA - TUE/THU 4-6PM
OBREGON - MON/WED 4-6PM
WHITTIER - MON/WED 5-7PM
BETHUNE - TUE/THURS 4-6PM
TED WATKINS - MON/WED 4-6PM
ALONDRA - MON/WED 4-6PM
VICTORIA TUE/THUR 4-6P

LOCATIONS

Obregon Pool

4021 1st St Los Angeles, CA 90063

Bethune Pool

1244 E. 61st St Los Angeles, CA 90001

El Cariso Pool

13100 Hubbard St Sylmar, CA 91342

Don Knabe Pool

19700 South Bloomfield Ave Cerritos CA 90701

Greater Whittier Aquatic Center

8028 Pioneer Blvd. Whittier, CA 90606

George Lane Pool

5520 W Ave L8 Quartz Hill, CA 93536

Loma Alta Pool

3330 N Lincoln Ave Altadena, CA 91001

Ted Watkins Pool

1335 E 103rd St Los Angeles, CA 90002

Alondra Pool

3353 Redondo Beach Blvd Lawndale, CA 90260

Victoria Pool

419 MLK Jr. St Carson, CA 90746

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