



LIFEGUARD READY TRAINING PROGRAM

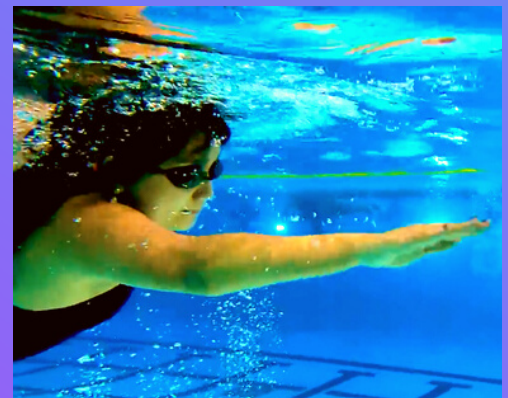
LA COUNTY PARKS AND RECREATION RELAUNCHES ITS FREE POOL LIFEGUARD READY TRAINING (LRT) PROGRAM

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





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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