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12 REASONS YOU SHOULD BE A LIFEGUARD THIS SUMMER *Glendale Training, Hiring Lifeguards This Spring/Summer*

Looking for a summer job? With the proper training and certification, lifeguarding can be a fun and rewarding job that works especially well for students. Glendale will be hiring at least 40 guards to work its two aquatics centers during the summer months. Here are some reasons to explore the possibility of lifeguarding.

LIFEGUARDS...

1. **PROTECT LIVES.** According to the International Life Saving Federation, lifeguards make about 1,000,000 rescues per year. As a Glendale lifeguard, you will not only have the skills and ability to rescue someone, our goal is to prevent emergencies from taking place, by ensuring patrons make safe decisions while in, on, or around the water. You will save every life you guard, even those you do not perform a rescue on.
2. **MAKE SOMEONE'S DAY.** As a lifeguard, you have the privilege of being a role model to many children. Water-loving kids will look up to you as their protector and even their friend.
3. **LEARN CPR.** As one of the requirements needed to obtain lifeguard certification, CPR is much more than just a skill for the job. Knowing CPR can save lives in many different emergency situations. Not to mention, going through the training provides eye-opening insight to an array of "red flag" health situations that allows you to prevent emergencies before they even happen.
4. **DEVELOP PUBLIC RELATIONS, CUSTOMER SERVICE, AND CONFLICT-RESOLUTION SKILLS.** Lifeguards are expected to present their facilities to the public in a professional manner. When interacting with people, their actions must promote an atmosphere of trust and goodwill. Reaching these expectations in a job that requires you to work in both emergency and non-emergency situations will help to foster your own sense of professionalism as well as future careers.
5. **HAVE AMAZING CO-WORKERS.** Superheroes do exist! They are actually just a bunch of lifeguards in swimsuits. Okay, maybe not. But when you are lifeguarding, you work with a large group of like-minded people, all of whom have one goal – saving lives through prevention, and if need be, proper care!
6. **GET YOUR DAILY DOSE OF THE OUTDOORS.** Other than increasing alertness, being outside also boosts creativity and concentration skills. As a lifeguard, you'll spend an average of 20-30 hours in the sun, so get used to the positive side effects of it!
7. **FLEXIBLE HOURS.** Many young adults find themselves in binds when trying to balance work, school, and play. One of the great things about lifeguarding is the flexible hours. This job is notorious for catering to high school and college students, which makes it easier to juggle all of your activities.
8. **BE A LEADING MAN OR LADY.** Here's a fun fact you'll never get tired of sharing: Jack Nicholson, Jake Gyllenhaal and Clint Eastwood were all lifeguards. Chances are, not many of your friends will be able to say the same. Who knows? Maybe you'll follow in their footsteps and wind up in Hollywood someday.
9. **ALTERNATIVELY, LEAD THE COUNTRY.** Ronald Reagan, the 40th President of the United States, was a lifeguard. If Hollywood isn't your style, maybe the White House is! Reagan proved how important the work of a lifeguard is. He saved 77 lives in seven summers. Imagine going back to school with those bragging rights.

Lifeguards/ Add 1.1.1

10. **PLAN FOR THE FUTURE.** Being a lifeguard requires a lot of skills, including responsibility, attention to detail, guest service and more. Listing a lifeguard job on your resume packs a serious punch that'll put you at the top.
10. **BE A PART OF HISTORY.** As a lifeguard, you will be joining a profession that has existed for more than 200 years. Considering the fact that our country was founded 240 years ago, we'd say this job has a legacy you'll be proud to be a part of.
11. **END EACH DAY WITH A SMILE.** Packing up your gear and waving goodbye to the pool is a terrific way to end your day. Every day is different in the realm of lifeguarding, and you'll certainly have fascinating stories to tell.

Being a lifeguard is an important job. Saving lives through prevention and rescues in emergency situations is a huge component of the job, and you'll also enjoy all of the aforementioned benefits. Whether you decide to join the field or you've simply earned a new respect for lifeguards, we hope you've earned some insight into what they do for the community.

For more information on the upcoming certification course in March (spring break week) visit www.glendaleaz.com/parksandrecreation. For additional information on the lifeguard job opportunities, visit www.glendaleaz.com/jobs. You can also reach the Parks & Recreation Division at 623-930-2820.

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