

## Lifeguard Training

SPRING  
2024

- \*Book (available online from American Red Cross) &
- \*Fee for ARC Course Completion eCards



### Overview

#### Lifeguarding Training

A 36-hour American Red Cross class designated to provide students with the skills and information needed to become a Lifeguard or recreational assistant.

#### Title 22 – First Aid

A 16-hour American Red Cross course that covers first aid skills for public safety personnel. Meets requirements of Title 22 of the California Code.

#### Oxygen Administration

A 3-hour course that provides students with the skills and knowledge necessary to render care to victims of respiratory emergencies.



Do you  
think you  
have what it  
takes to be a  
Lifeguard?

Let's find  
out!

Join Us!



**Southwestern College**  
**Crown Cove Aquatic Center**  
at Silver Strand State Beach  
5000 Highway 75, Coronado, CA 92118



## Community CPR & First Aid Program

Lifeguarding Training/ First Aid for Public Safety  
Personnel - Title 22/ Oxygen Administration

<u>Class #</u>	<u>Days</u>	<u>Date</u>	<u>Hours</u>
----------------	-------------	-------------	--------------

#### ARC Lifeguard Training

Saturday	03/02/24	8:30 am - 5:30 pm (POOL)
Sunday	03/03/24	8:30 am - 5:30 pm (SWCAC-CR)
Friday	03/08/24	5:30 pm - 9:20 pm (SWCAC-CR)
Saturday	03/09/24	8:30 am - 5:30 pm (POOL)
Sunday	03/10/24	8:30 am - 5:30 pm (POOL)

*\*NOTE: Must attend all five (5) dates*

#### Course Location:

**SWC Aquatic Complex (SWCAC)**  
900 Olay Lakes Road, Chula Vista, CA 91910

SWCAC – Conference Room (CR)

\*Required book: **Lifeguarding Manual**, available at the ARC Online Store  
<http://www.redcrossstore.org/item/755735>

#### ARC First Aid For Public Safety Personnel – Title 22

Mon. – Thur.	03/04 – 03/07/24	5:30 pm - 9:20 pm (SWCAC-CR)
--------------	------------------	------------------------------

*\*NOTE: Must attend all four (4) dates*

#### ARC Oxygen Administration for the Professional Rescuer

Friday	03/11/24	2:00 p.m. – 5:00 p.m. (SWCAC-CR)
--------	----------	----------------------------------

*\*NOTE: Date and time is subject to change*

#### For information and Registration:

(619) 429-1669

[cpr4you@swccd.edu](mailto:cpr4you@swccd.edu)

<http://swccd.edu/crowncove-cpr>



**American  
Heart  
Association®**

**AUTHORIZED  
TRAINING  
CENTER**