

Southwestern College ~ Continuing Education presents:

LIFEGUARD TRAINING INSTRUCTOR COURSE (Non-Credit)

Current Lifeguards
become **certified Life-
guard Instructors!**

Eligibility criteria for
enrollment: 17 yrs old
& possess current Life-
guarding/First Aid/
CPR/AED or equiva-
lent.

Must successfully
complete Orientation
to ARC and Lifeguard-
ing Instructor Course
& Pre-Course Exam; Pre-
course Testing Ses-
sion; If enrolled, obtain
Lifeguarding Instruc-
tor's Manual & Life-
guarding Manual. To
become certified, must
demonstrate maturity
and responsibility; suc-
cessfully complete all
course sessions, class
activities, practice-
teaching assignments;
and score a minimum of
80% on written exams.

ENROLL NOW for JANUARY 2016 into NC1098



2016 Class Dates :

FRI	Jan 22	5pm-9pm
SAT	Jan 23	9am-5pm
SUN	Jan 24	9am-5pm
WED	Jan 27	5pm-9pm
SAT	Jan 30	9am-5pm

*** Course must meet
minimum enrollment of
18 students**

**For Registration or Course Info:
Southwestern College
Continuing Education Department
(619) 482-6376**

**Instructor Dr. Toni Pfister
tpfister@swccd.edu**

Pre-Course Assignment:

Review the Lifeguard Training text and DVD/Video.

THERE WILL BE NO VARIATION FROM THE STANDARDS ALLOWED DURING THE PRE-COURSE SESSIONS! Students need to be prepared to swim at first class session. Pre-course testing will include: 1) 300 yard continuous swim using front crawl and breaststroke; swim 20 yards, surface dive and retrieve 10 lb. brick from at least 7 feet deep, return to wall with both hands on brick and pull self out of pool (SWC pool is about 12 inches from water level to pool deck) without ladder or assistance in 1:40 or less; 3) tread water for two minutes using only legs; and 4) ALL lifeguarding, CPR, AED, & First Aid Skill Scenarios. Please prepare for success. Enroll in NC (NonCredit) 1098.