

# Lifeguard Training

SUMMER 2026

\*Book (available 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>
<b>ARC Lifeguard Training</b>			
	Saturday	08/01/26	8:30 am - 4:40 pm
	Sunday	08/02/26	8:30 am - 4:40 pm
	Friday	08/07/26	5:30 pm - 9:20 pm
	Saturday	08/08/26	8:30 am - 4:40 pm
	Sunday	08/09/26	8:30 am - 4:40 pm

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

**Course Location:**  
SWC Aquatic Complex (SWCAC)  
900 Otay Lakes Road, Chula Vista, CA 91910

Pool & Conference Room (CR)

\*Required book: **Lifeguarding Manual**, available at the ARC Online Store  
<http://www.redcrossstore.org/item/755740>

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

MTWTh	08/03 – 08/06/26	5:30 pm - 9:20 pm (CR)
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*\*NOTE: Must attend all four (4) dates*

### ARC Oxygen Administration for the Professional Rescuer

Monday	08/10/26	5:30 p.m. – 8:30 p.m. (CR)
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*\*NOTE: Date and time is subject to change*

**For information:**  
(619) 429-1669  
[cpr4you@swccd.edu](mailto:cpr4you@swccd.edu)  
<http://swccd.edu/crowncove-cpr>



American Heart Association®

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