

Lifeguard Training

FALL
2026

*Book: available from American Red Cross (ARC) &
*Fee for ARC 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>
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ARC Lifeguard Training (NC 70 E1)

MTWThF	10/05 – 10/09/26	6:00 pm - 9:50 pm
Saturday	10/10/26	8:30 am - 5:30 pm
Saturday	10/17/26	8:30 am - 5:30 pm

**NOTE: Must attend all seven (7) 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 (NC 15 E1)

MTWTh	10/12 – 10/15/26	6:00 pm - 9:50 pm (CR)
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**NOTE: Must attend all four (4) dates*

ARC Oxygen Administration for the Professional Rescuer (NC 1014 E1)

Friday	10/16/26	6:00 p.m. – 8:50 p.m. (CR)
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**NOTE: Date and time is subject to change*

For information:

(619) 429-1669

cpr4you@swccd.edu

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



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