

Lifeguard Training

SUMMER
2022

- *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/
Ocean Lifeguarding for Recreation Assistants

Class # Days Date Hours

ARC Lifeguard Training

Saturday	06/04/22	8:30 am - 4:40 pm (SWCAC)
Sunday	06/05/22	8:30 am - 4:40 pm (CR 70-215)
Friday	06/10/22	5:30 pm - 9:20 pm (CR 70-215)
Saturday	06/11/22	8:30 am - 4:40 pm (SWCAC)
Sunday	06/12/22	8:30 am - 4:40 pm (SWCAC)

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

SWC Aquatic Complex (SWCAC)

900 Otay Lakes Road, Chula Vista, CA 91910

SWCAC – Conference Room (CR) 70-215

*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. 06/06 – 06/09/22 5:30 pm - 9:20 pm

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

ARC Oxygen Administration for the Professional Rescuer

Monday 06/13/22 5:30 pm - 8:30 pm

For information and Registration:

(619) 429-1669 and/or

cpr4you@swccd.edu

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



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