

Lifeguard Training

FALL 2021

*Books (available online from American Red Cross) & Fee for Course Completion Cards required.



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

<u>Class #</u>	<u>Days</u>	<u>Date</u>	<u>Hours</u>
ARC Lifeguard Training			
<i>**LEC to be completed via Canvas/ARC website prior to the scheduled LAB portion**</i>			
(NC 70 70) *	LAB	Saturday	08/28/21 8:30 am - 4:40 pm
	LAB	Sunday	08/29/21 8:30 am - 4:40 pm
	LAB	Saturday	09/04/21 8:30 am - 4:40 pm

Location: SWC Aquatic Complex
900 Otay Lakes Road, Chula Vista, CA 91910

- OR -

(NC 70 71) *	LAB	Sunday	09/05/21 8:30 am - 4:40 pm
	LAB	Saturday	09/11/21 8:30 am - 4:40 pm
	LAB	Sunday	09/12/21 8:30 am - 4:40 pm

Location: SWC SWC Aquatic Complex
900 Otay Lakes Road, Chula Vista, CA 91910

*Required book: **Lifeguarding Manual**, available at the ARC Online Store
<http://www.redcrossst.org/store/american-red-cross-lifeguarding-manual/755735>

For information and Registration:
619) 429-1669 and/or
cpr4you@swccd.edu
<http://swccd.edu/crowncove-cpr>



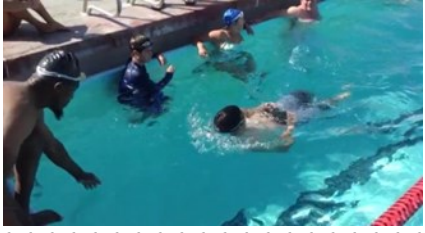
American Heart Association®

AUTHORIZED TRAINING CENTER

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ARC First Aid For Public Safety Personnel – Title 22

(NC 15 70 & 71) LEC	MTW	08/30/21-09/01/21	5:30 pm – 8:50 pm
(NC 15 70)	LAB	Thursday 09/02/21	5:30 pm – 9:20 pm
(NC 15 71)	LAB	Friday 09/03/21	5:30 pm – 9:20 pm

Location: Crown Cove Aquatic Center
5000 Highway 75, Coronado, CA 92118

Required book: Emergency Medical Response Textbook, available at the ARC Online Store <http://www.redcrossstore.org/item/756540>

ARC Oxygen Administration For the Professional Rescuer (Pick One)

(NC 1014 70)	LAB	Wednesday 09/08/21	6:00 pm – 6:50 pm
(NC 1014 71)	LAB	Wednesday 09/08/21	7:30 pm – 8:20 pm

Location: Crown Cove Aquatic Center
5000 Highway 75, Coronado, CA 92118

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