

# Lifeguard Training

Spring 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
<b>ARC Lifeguard Training</b>			
(NC 70 E1) *	Saturday	03/12/22	8:30 am - 4:40 pm (SWCAC)
	Sunday	03/13/22	8:30 am - 4:40 pm (CCAC)
	Friday	03/18/22	5:30 pm - 9:20 pm (CCAC)
	Saturday	03/19/22	8:30 am - 4:40 pm (SWCAC)
	Sunday	03/20/22	8:30 am - 4:40 pm (SWCAC)
<i>*NOTE: Must attend all five (5) dates</i>			
(NC 70 E2) *	Saturday	05/14/22	8:30 am - 4:40 pm (SWCAC)
	Sunday	05/15/22	8:30 am - 4:40 pm (CCAC)
	Friday	05/20/22	5:30 pm - 9:20 pm (CCAC)
	Saturday	05/21/22	8:30 am - 4:40 pm (SWCAC)
	Sunday	05/22/22	8:30 am - 4:40 pm (SWCAC)
<i>*NOTE: Must attend all five (5) dates</i>			
<b>SWC Aquatic Complex (SWCAC)</b> 900 Otay Lakes Road, Chula Vista, CA 91910			

\*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

(NC 15 E1)	Mon. – Thur.	03/21 – 24/22	5:30 pm - 9:20 pm
<i>*NOTE: Must attend all four (4) dates</i>			
(NC 15 E2)	Mon. – Thur.	05/23 – 26/22	5:30 pm - 9:20 pm
<i>*NOTE: Must attend all four (4) dates</i>			

### ARC Oxygen Administration for the Professional Rescuer

(NC 1014 E1)	Tuesday	05/17/22	5:30 pm - 8:30 pm
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### For information and Registration:

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



American Heart Association®

**AUTHORIZED TRAINING CENTER**