

## Lifeguard Training

2019

\*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>
<b>ARC Lifeguard Training</b>			
(NC 70 E1) *	Saturday	03/09/19	8:30 am - 4:40 pm (SWCAC)
	Sunday	03/10/19	8:30 am - 4:40 pm
	Friday	03/15/19	5:30 pm - 9:20 pm
	Saturday	03/16/19	8:30 am - 4:40 pm (SWCAC)
	Sunday	03/17/19	8:30 am - 4:40 pm (SWCAC)

#### SWC Aquatic Complex (SWCAC)

900 Otay Lakes Road, Chula Vista, CA 91910

- OR -

(NC 70 E2) *	Saturday	05/04/19	8:30 am - 4:40 pm (SWCAC)
	Sunday	05/05/19	8:30 am - 4:40 pm
	Friday	05/10/19	5:30 pm - 9:20 pm
	Saturday	05/11/19	8:30 am - 4:40 pm (SWCAC)
	Sunday	05/12/19	8:30 am - 4:40 pm (SWCAC)

#### SWC Aquatic Complex (SWCAC)

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 (Select One)

(NC 15 E1)	Mon. – Thur.	03/18–21/19	5:30 pm - 9:20 pm
(NC 15 E2)	Mon. – Thur.	05/13–16/19	5:30 pm - 9:20 pm

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 (Select One)

(NC 1014 E1)	Tuesday	03/12/19	5:30 pm - 8:30 pm
(NC 1014 E2)	Tuesday	05/07/19	5:30 pm - 8:30 pm

#### For information and Registration:

619) 429-1669 and/or

[cpr4you@swccd.edu](mailto:cpr4you@swccd.edu)

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

American Heart Association  
 Learn and Live



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