

Lifeguard Training

SPRING 2023

- *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

<u>Class #</u>	<u>Days</u>	<u>Date</u>	<u>Hours</u>
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ARC Lifeguard Training

Saturday	01/21/23	8:30 am - 5:30 pm (POOL)
Sunday	01/22/23	8:30 am - 5:30 pm (CR 70-218)
Friday	01/27/23	5:30 pm - 9:20 pm (POOL)
Saturday	01/28/23	8:30 am - 5:30 pm (POOL)
Sunday	01/29/23	8:30 am - 5:30 pm (POOL)

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

Course Location:
 SWC Aquatic Complex (SWCAC)
 900 Otay Lakes Road, Chula Vista, CA 91910

SWCAC – Conference Room (CR) 70-218

**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.	01/23 – 01/26/23	5:30 pm - 9:20 pm (CR 70-218)
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**NOTE: Must attend all four (4) dates*

ARC Oxygen Administration for the Professional Rescuer

Friday	01/27/23	3:00 p.m. – 5:00 p.m. (CR 70-218)
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For information and Registration:

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



American Heart Association®

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