

Lifeguard Training

Spring 2020

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



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			
(NC 70 E1) *	Saturday	04/11/20	8:30 am - 4:40 pm (SWCAC)
	Sunday	04/12/20	8:30 am - 4:40 pm (CCAC)
	Friday	04/17/20	5:30 pm - 9:20 pm (CCAC)
	Saturday	04/18/20	8:30 am - 4:40 pm (SWCAC)
	Sunday	04/19/20	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

*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.	04/13 – 16/20	5:30 pm - 9:20 pm
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*NOTE: Must attend all four (4) dates

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

(NC 1014 E1)	Tuesday	04/07/20	5:30 pm - 8:30 pm
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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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