

**Free  
Classes**

**Spring  
2015**

\*Book (available at the American Red Cross) & fee for Course Completion Card 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**

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**  
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

<b>Class #</b>	<b>Days</b>	<b>Date</b>	<b>Hours</b>
<b>ARC Lifeguard Training</b>			
(NC 70)	Saturday	03/07/15	8:30 am - 5:00 pm (SWC Pool)
	Sunday	03/08/15	8:30 am - 5:00 pm (CCAC)
	Friday	03/13/15	5:30 pm - 9:30 pm (CCAC)
	Saturday	03/14/15	8:30 am - 5:00 pm (SWC Pool)
	Sunday	03/15/15	8:30 am - 5:00 pm (SWC Pool)

#### **SWC Pool Location:**

900 Otay Lakes Rd.  
Chula Vista, CA 91910

Required book: **Lifeguarding Manual**, available at the ARC Online Store  
<http://www.redcrossstore.org> (item#655735) or download at  
<http://www.editiondigital.netpublication/?i=95090>

### **ARC First Aid For Public Safety Personnel – Title 22**

(NC 15)	Monday	03/16/15	5:30 pm - 9:30 pm
	Tuesday	03/17/15	5:30 pm - 9:30 pm
	Wednesday	03/18/15	5:30 pm - 9:30 pm
	Thursday	03/19/15	5:30 pm - 9:30 pm

Required book: **Emergency Medical Response Textbook**, available at the ARC  
Online Store <http://www.redcrossstore.org> (Item #656540)

### **ARC Oxygen Administration for the Professional Rescuer**

(NC 1014)	Tuesday	03/10/15	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/index.aspx?page=2482>

American Heart  
Association   
*Learn and Live*

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TRAINING  
CENTER**