

**Free
Classes**

**Spring
2016**

*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

Class #	Days	Date	Hours
ARC Lifeguard Training			
(NC 70)	Saturday	04/16/16	8:30 am - 5:00 pm (LP Pool)
	Sunday	04/17/16	8:30 am - 5:00 pm (CCAC)
	Friday	04/22/16	5:30 pm - 9:30 pm (CCAC)
	Saturday	04/23/16	8:30 am - 5:00 pm (LP Pool)
	Sunday	04/24/16	8:30 am - 5:00 pm (LP Pool)

Las Palmas Pool Location:
1800 E 22nd Street
National City, CA 91950

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	04/25/16	5:30 pm - 9:30 pm
	Tuesday	04/26/16	5:30 pm - 9:30 pm
	Wednesday	04/27/16	5:30 pm - 9:30 pm
	Thursday	04/28/16	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)	Thursday	04/21/16	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/index.aspx?page=2482>

American Heart
Association 
Learn and Live

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TRAINING
CENTER**