

Lifeguard Training

2018

*Book (available at the 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

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

<u>Class #</u>	<u>Days</u>	<u>Date</u>	<u>Hours</u>
ARC Lifeguard Training			
(NC 70 E1)	Saturday	03/10/18	8:30 am - 5:00 pm (SWCAC)
	Sunday	03/11/18	8:30 am - 5:00 pm
	Friday	03/16/18	5:30 pm - 9:30 pm
	Saturday	03/17/18	8:30 am - 5:00 pm (SWCAC)
	Sunday	03/18/18	8:30 am - 5:00 pm (SWCAC)
(NC 70 E2)			
	Saturday	05/05/18	8:30 am - 5:00 pm (SWCAC)
	Sunday	05/06/18	8:30 am - 5:00 pm
	Friday	05/11/18	5:30 pm - 9:30 pm
	Saturday	05/12/18	8:30 am - 5:00 pm (SWCAC)
	Sunday	05/13/18	8:30 am - 5:00 pm (SWCAC)

Required book: **Lifeguarding Manual**, available at the ARC Online Store
<http://www.redcrossstore.org/item/755795>

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

ARC First Aid For Public Safety Personnel – Title 22

(NC 15 E1)	Mon. – Thur.	03/19 – 22/18	5:30 pm - 9:30 pm
(NC 15 E2)	Mon. – Thur.	05/14 – 17/18	5:30 pm - 9:30 pm

Required book: **Emergency Medical Response Textbook**, available at the ARC Online Store <http://www.redcrossstore.org/item/656541> or 656547 (eBook)

ARC Oxygen Administration for the Professional Rescuer

(NC 1014 E1)	Tuesday	03/13/18	5:30 pm - 8:30 pm
(NC 1014 E2)	Tuesday	05/08/18	5:30 pm - 8:30 pm

ARC Ocean Lifeguarding for the Recreation Assistants

(NC 106)	Sunday	06/03/18	8:30 am - 5:00 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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