

Lifeguard Training

2018

*Books (available online from 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 – 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	03/10/18	8:30 am - 5:00 pm (LP Pool)
	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 (LP Pool)
	Sunday	03/18/18	8:30 am - 5:00 pm (LP Pool)

Las Palmas Pool (LP Pool)

1800 E 2nd Street, National City, CA 91950

- OR -

(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)

SWC Aquatic Complex (SWCAC)

900 Olay Lakes Road, Chula Vista, CA 91910

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

ARC First Aid For Public Safety Personnel – Title 22 (Select One)

(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 <http://www.redcrossstore.org/item/656547> (eBook)

ARC Oxygen Administration for the Professional Rescuer (Select One)

(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

For information and Registration:

619) 429-1669 and/or

cpr4you@swccd.edu

<http://swccd.edu/crowncove-cpr>

American Heart Association
 Learn and Live



AUTHORIZED
TRAINING
 CENTER

Lifeguard Training

2018

*Free "CA Boater Card" from
CA Division of Boating &
Waterways



Overview

Ocean Lifeguarding Training

A 6-hour class designated to provide students with the skills and information needed to become an ocean Lifeguard or recreational assistant.

Boating Safety Paddle Sports Leader Training

A 24-hour training covers small craft safety, general operations, basic rescue, skill development and leads to certification in small craft, basic rescue and paddle sports leader. Recommended for American Canoeing Association (ACA) instructor preparation.

Basic Boating & Water Safety for Recreation Asst.

A 6-hour CA Division of Boating & Waterways approved boating safety course that provides the recreation assistant with a basic understanding of the areas of personal boating safety, boating laws, navigational rules and aids, small vessel operation, boating accident prevention and water rescue. Leads to CA Boater Card.



Southwestern College
Crown Cove Aquatic Center
at Silver Strand State Beach
5000 Highway 75, Coronado, CA 92118



Community CPR & First Aid Program

Ocean Lifeguarding for Recreation Assistants/Boating
Safety Paddle Sports Leader Training/ Basic Boating &
Water Safety for Recreation Assistants

Class #	Days	Date	Hours
---------	------	------	-------

Ocean Lifeguarding for the Recreation Assistant

(NC 106 E1)	Sunday	06/03/18	8:30 am - 3:30 pm
-------------	--------	----------	-------------------

Boating Safety Paddle Sports Leader Training

(NC 1064 E1)	Saturday	04/07/18	8:30 am - 5:00 pm
	Sunday	04/08/18	8:30 am - 5:00 pm
	Saturday	04/14/18	8:30 am - 5:00 pm

- OR -

(NC 1064 E2)	Saturday	06/10/18	8:30 am - 3:30 pm
	Sunday	06/16/18	8:30 am - 3:30 pm
	Saturday	06/17/18	8:30 am - 3:30 pm
	Saturday	06/23/18	8:30 am - 3:30 pm

Basic Boating & Water Safety for Recreation Assistants

(NC 1046 E1)	Saturday	04/21/18	8:30 am - 2:30 pm
--------------	----------	----------	-------------------

- OR -

(NC 1046 E2)	Saturday	06/09/18	8:30 am - 2:30 pm
--------------	----------	----------	-------------------

For information and Registration:

619) 429-1669 and/or

cpr4you@swccd.edu

<http://swccd.edu/crowncove-cpr>

American Heart
Association
Learn and Live



AUTHORIZED
TRAINING
C E N T E R