

Free
Classes

Summer
2014

*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.

Ocean Lifeguarding

An 8-hour class that provides supplemental training to the students desiring to work as an ocean lifeguard or recreational assistant. Provides the necessary skills to prevent and respond to emergencies in an ocean, bay or beach environment.



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)	Saturday	06/14/14	8:30 am - 5:00 pm (SWC Pool)
	Sunday	06/15/14	8:30 am - 5:00 pm (CCAC)
	Friday	06/20/14	5:30 pm - 9:30 pm (CCAC)
	Saturday	06/21/14	8:30 am - 5:00 pm (SWC Pool)
	Sunday	06/22/14	8:30 am - 5:00 pm (SWC Pool)

SWC Pool Location:

900 Otay Lakes Rd.
Chula Vista, CA 91910

ARC First Aid For Public Safety Personnel – Title 22

(NC 15)	Monday	06/23/14	5:30 pm - 9:30 pm
	Tuesday	06/24/14	5:30 pm - 9:30 pm
	Wednesday	06/25/14	5:30 pm - 9:30 pm
	Thursday	06/26/14	5:30 pm - 9:30 pm

ARC Oxygen Administration for the Professional Rescuer

(NC 1014)	Tuesday	06/17/14	5:30 pm - 8:30 pm
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Ocean Lifeguarding for Recreation Assistants

(NC 106)	Saturday	06/28/14	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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CENTER**