

**Free
Classes**

**Summer
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

Class #	Days	Date	Hours
ARC Lifeguard Training			
(NC 70)	Saturday	06/13/15	8:30 am - 5:00 pm (SWC Pool)
	Sunday	06/14/15	8:30 am - 5:00 pm (CCAC)
	Friday	06/19/15	5:30 pm - 9:30 pm (CCAC)
	Saturday	06/20/15	8:30 am - 5:00 pm (SWC Pool)
	Sunday	06/21/15	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	06/22/15	5:30 pm - 9:30 pm
	Tuesday	06/23/15	5:30 pm - 9:30 pm
	Wednesday	06/24/15	5:30 pm - 9:30 pm
	Thursday	06/25/15	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	06/16/15	5:30 pm - 8:30 pm
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Ocean Lifeguarding for Recreation Assistants

(NC 106)	Tuesday	06/27/15	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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TRAINING
CENTER**