Free Classes

Spring 2014

***Book (may be purchase @ 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. Is American Red Cross (ARC) certified.

Title 22

16-hour American Red Cross course that covers first Aid skills for public safety personnel as a first responder to provide initial care regardless of the emergency. Meets the skill and knowledge requirements of Title 22 of the California Code.

Oxygen Administration

A 3-hour course that will provide students with the skills and knowledge necessary to provide 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

Class #	Days	Date	Hours
ARC Lifeguard Training			
(NC 70)	Saturday	03/08/14	8:30 am - 5:00 pm (Pool)
	Sunday	03/09/14	8:30 am - 5:00 pm (CCAC)
	Friday	03/14/14	5:30 pm - 9:30 pm (CCAC)
	Saturday	03/15/14	8:30 am - 5:00 pm (Pool)
	Sunday	03/16/14	8:30 am - 5:00 pm (Pool)
ARC First Aid For Public Safety Personnel—Title 22			
(NC 15)	Monday	03/17/14	8:30 am - 5:00 pm
	Tuesday	03/18/14	8:30 am - 5:00 pm
	Wednesday	03/19/14	8:30 am - 5:00 pm
	Thursday	03/20/14	8:30 am - 5:00 pm
ARC Oxygen Administration for the Professional Rescuer			
(NC 1014)	Saturday	03/11/14	5:30 pm - 8:30 pm
Ocean Lifeguarding for Recreation Assistants			
(NC 106)	Saturday	03/22/14	8:30 am - 5:00 pm

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

AUTHORIZED TRAINING CENTER