



American Red Cross



Lifeguard Training and Title 22

Description: Lifeguard: Participants will learn basic life-saving skills to become certified in Lifeguarding/CPR/AED/First Aid. Attendance of all 4 class dates is required.

Title 22: Participants will learn advanced first aid skills and CPR sufficient to meet California's Title 22 code First Aid for Public Safety Personnel (required for lifeguards by most public agencies in California). Attendance of all 3 class dates is required.

Price: Lifeguard: \$140 Title 22: \$100

Certifications: Valid for 2 years from date of course completion.

Lifeguarding Class

Prerequisites: Participants **must be able to complete** the following physical requirements **prior to taking the course**. 300-yard swim / 2-minutes treading water with no hands / retrieve 10lbs brick. Prerequisites take place on the first day of class.

This is a 28hr course, participants must attend all class times in order to become certified. There is no make up for missed class. Participants must also pass a final written exam at end of course to receive certifications.

Pre-Course Skill Session: Receive teaching to improve swimming techniques and practice the prerequisite skills. **Friday February 7th 3-4pm**

Day	Time
Saturday 2/29	9am – 5pm
Sunday 3/1	9am – 5pm
Saturday 3/14	9am – 5pm
Sunday 3/15	9am – 5pm

Title 22 Class

Day	Time
Saturday 3/28	9am – 5pm
Sunday 3/29	9am – 5pm
Sunday 4/19	9am – 5pm