



American Red Cross



Lifeguard and Title 22

Review Courses

Descriptions:

Lifeguard Review: Participants will review skills to become recertified in lifeguarding, CPR, AED, and First Aid.

Title 22 Review: Participants will review the key points and skills to meet California's Title 22 FAPSP requirement.

Price:

Lifeguard Review -- \$80.

Title 22 Review -- \$80.

Certifications:

Valid for 2 years from date of course completion

Prerequisites:

In order to participate in a "Review" course, participant must possess the same current certification, or the same certification that cannot be more than 30 days expired at the time of the course. Participants must be able to complete the following physical requirements prior to taking the lifeguard review course. 300-yard swim / 2-minutes treading water with no hands / retrieve 10lbs brick. Prerequisites take place on the first day of class.

Please contact Colin Chambers Aquatics Coordinator for questions 898-5070.

Spring 2020

Day	Time	Certification
Saturday 2/15	9am-5:30pm	Lifeguard Review
Sunday 4/19	9am-5:30pm	T22 Review