RE-R E V I S E D (Date Change & Adding North County)

Miramar College and

The San Diego Regional Lifeguard Training Program

Presents

COURSE TITLE: Intro to Open Water Lifeguarding

(San Diego Regional Lifeguard Academy)

UNITS: 3

Course # FPT 160

Course Description: This 80-hour introductory level course involves lecture and skills training for those aspiring to be lifeguards for ocean and inland beaches. Subject matter ranges from the history of lifeguarding and the responsibilities of the individual lifeguard to the hands-on skills required to rescue and assist the public. Content of the course will follow the standards of the United States Lifesaving Association.
Special note: This course is extremely physically demanding; excellent health and physical fitness is required; strong swimming skills required in order to successfully pass this course.

The San Diego Regional Academy has rigorous physical training. Included in the physical training are events that must be completed in a specified time including a 500 meter swim in ten (10) minutes or less, a one (1) mile run in eight (8) minutes or less, and a timed run swim run.

COURSE DATES, TIMES AND LOCATIONS

Session 1 (10 hrs./day) CRN #79590	**Session 2 (10 hrs./day) NORTH COUNTY CRN #**	**Session 3 (10 hrs./day) CRN #82503**
Early Spring Course - **Weekends**	Early Spring Course – **Weekends**	Late Spring Course – **Weekends**
April 18, 19, 25, 26, 2009	April 18, 19, 25, 26, 2009	May 16, 17, 23, 24, 30, 31, 2009
May 2, 3, 9, 10, 2009	May 2, 3, 9, 10, 2009	June 6, 7, 2009
Make-up: May 16, 17, 2009	Make-up: May 16, 17, 2009	Make-up: June 13, 14, 2009

Make-up days are only in cases of severe weather conditions where it would be unsafe to enter the water. **Students must be present for all days**.

Session #1: & **Session #3**: Class from 8:00 a.m. to 7:20 p.m. Classes meet at the San Diego Fire-Rescue Training Facility, 4347 North Harbor Drive, Building #608, Classroom #1, Transit Route #28. Practical skills exercises conducted at area beaches.
Session #2: Class from 8:00 a.m. to 7:20 p.m. Classes meet at Oceanside Lifeguard Headquarters, 301 North The Strand, Oceanside, CA, 92054. Practical skill exercises conducted at area beaches.

HOW TO ENROLL

Step 1 -APPLICATION AND ENROLLMENT

Fill out application and receive enrollment date at Miramar College Admissions Office, 10440 Black Mountain Road, San Diego, CA, 92126 or call (619) 388-7844. You may obtain Information on lifeguard classes via the Internet: www.miramar.sdccd.net. Students may apply at other San Diego Community College District campuses: City College, 1313 Twelfth Avenue, (619) 230-2475; Mesa College, 7250 Mesa College Drive, (858) 627-2682; or Educational Cultural Complex, 4343 Ocean View Boulevard, (619) 527-5275.

Step 2 - ORIENTATION AND SWIM TEST

Complete orientation and swim test on the first day of the "Intro to Open Water Lifeguarding" class.

Step 3 - ATTEND COURSE -- Attend first day of class. Books and uniforms will be provided.

COURSE COSTS (*This fee is subject to legislative and gubernatorial action and may change without notice)

Tuition*	$ 60.00 ($20.00/unit; 3 units)
Health & Accident Fee	16.00
Total Course Cost	$ 76.00

* Tuition costs for non-California residents is $179.00/unit, in addition to normal $20.00/unit Tuition, $16.00 Health & Accident Fee
TOTAL Non-Resident Cost **$613.00**

Supplies needed:		**Supplies Provided**:
Red swimsuit (men)	Running shoes	Duck Feet Swim Fins
Red one-piece swimsuit (women)	Sunglasses	Text Book
Uniform T-shirt (available 1st day of class)	Towel	Work Book
		Sunscreen

JOBS AVAILABLE

"A Challenging Career Opportunity"

Individuals who successfully complete "Introduction to Open Water Lifeguarding" and who possess an "American Red Cross Emergency Response" or equivalent certification are eligible to apply with the following participating lifeguard agencies:

For Job and Employment Information Contact:

Camp Pendleton	-	Lt. Chris Dunn	(760) 725-7979	North Island	-	Lt. William Lang	(619) 545-7221
Coronado	-	Sgt. Aaron Wonders	(619) 522-2625	Oceanside	-	Sgt. Brandon Stone	(760) 435-4015
Encinitas	-	Lt. Paul Chapman	(760) 633-2750	San Diego	-	Lois LaChusa	(619) 221-8844
Imperial Beach	-	Sgt. Rich Hidalgo	(619) 628-1420	Solana Beach	-	Sgt. Greg Uruburu	(858) 720-4444

Note: Each agency has their own employment requirements that may involve additional physical fitness tests, medical examinations, drug screening, vision and hearing tests, possession of a valid California Driver's License, a legal right to work in the United States, etc. Agencies may or may not be hiring at the completion of this course. Contact each participating agency for information on hiring. Course certificate is valid for two years. Completion of this course does not guarantee employment. Provisions of this bulletin does not constitute an expressed or implied contract.