

**Miramar College
And
The San Diego Regional Lifeguard Training Program
Presents**

COURSE TITLE: Intro to Open Water Lifeguarding

(San Diego Regional Lifeguard Academy – 2003)

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 (USLA). To be eligible for this class, students must pass a 500 meter swim test, in 10 minutes or less, at an approved location. Special note: This course is extremely physically demanding; requiring excellent health, physical fitness, and strong swimming skills in order to successfully pass this course.

COURSE DATES, TIMES AND LOCATIONS

Session 1

Early Spring Course

March 27, 28, 2004

April 3, 4, 5, 6, 7, 8, 9, 10, 2004

Make-up: April 17, 18, 2004

Session 2

Late Spring Course - **Weekends**

April 24, 25, 2004

May 1, 2, 8, 9, 15, 16, 22, 23, 2004

Make-up: May 29 and 30, 2004

Class from 8:00 am to 5:00 p.m. Classes meet at the San Diego Regional Public Safety Training Institute, Naval Training Center (NTC)/Camp Nimitz, Building #608, Classroom #1, Transit Route #28. Practical skills 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 or via the Internet address: www.miramar.sdccd.net. For recorded information on lifeguard classes, call (619) 388-7800. 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 to be provided.

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

Intro to Open Water Lifeguarding

Tuition* \$33.00 (Three units)

Health Insurance \$2.50

Total Course Cost: \$35.50

Tuition costs for non-California residents is \$149.00/unit, in addition to normal \$11.00/unit Tuition and \$2.50 Health Insurance.

TOTAL Non-Resident Cost– \$482.50 (This fee is subject to legislative and gubernatorial action and may change without notice)

NOTE: Scholarships may be available, for information call (619) 221-8844. Tuition waived for California High School students.

Supplies needed:

Red swimsuit (men) Sunglasses

Red one-piece swimsuit (women) Towel

Running shoes

Supplies Provided:

Duck Feet Swim Fins

Academy Uniform

Sunscreen

Text Book

Work Book

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. Eric Flakoll (760) 725-2703

Coronado - Capt. Sean Carey (619) 522-7346

Encinitas - Capt. Larry Giles (760) 633-2750

Imperial Beach- Capt. Robert Stabenow (619) 423-0208

North Island-

San Diego-

Solana Beach-

Capt. Jason Lindquist

Lois LaChusa

Capt. Craig Miller

(619) 767-7824

(619) 221-8844

(858) 755-1569

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.

FOR FURTHER INFORMATION ON LIFEGUARD RELATED CLASSES, CALL MIRAMAR COLLEGE'S RECORDED INFORMATION #(619) 388-7800.