

CERTIFICATION COURSE

American Red Cross Lifeguarding & American Red Cross First Aid for Public Safety Personnel (Title 22)

Saturday November 21, 2026- Wednesday November 25, 2026



Mira Mesa Aquatic Complex
8577 New Salem St.
San Diego CA 92126



\$416.00

- Course Fee: \$371.00
- American Red Cross Certification: \$45.00

This blended learning course combines knowledge acquisition with in-person water skills training, First Aid, CPR/AED, and Title 22 instruction.

Important: Participants must complete **7 hours of online training** prior to the first day of class.

Additional Requirements

- Participants must be at least 15 years old by the last day of the course

Upon successful completion, participants will receive:

- American Red Cross Lifeguarding Certification
- American Red Cross First Aid for Public Safety Personnel (Title 22) Certification

Please contact Annie Bates at
ABates@sandiego.gov
to register for prerequisite tryout
and/or if you have any questions.

Prerequisite Tryout

Must be completed by Saturday
November 14, 2026

Prerequisite 1: Swim-Tread-Swim

Without stopping to rest, participants must:

- Jump into the water and fully submerge
- Swim 150 yards using front crawl (freestyle), breaststroke, or a combination of both.

Prerequisite 2: Timed Brick Test

Complete within 1 minute and 40 seconds:

- Swim 20 yards
- Surface dive to a depth of 7-10 feet
- Retrieve a 10-pound brick
- Swim 20 yards back while holding the brick at the surface with both hands and keeping face above water
- Exit the pool without using a ladder or steps

All participants must successfully complete the prerequisites before enrolling in the course