

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

COURSE TITLE: Intro to Open Water Lifeguarding
(San Diego Regional Lifeguard Academy)
FALL SESSION

UNITS: 3

Course # FPT 160

Course Description: This 80-hour introductory course includes lecture and skills training for those aspiring to be lifeguards for oceanfront 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. Course content follows the standards of the United States Lifesaving Association.

The San Diego Regional Lifeguard Academy involves rigorous physical training. The training includes 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 4 - Fall Course (Weekends Only)

September 11, 12, 18, 19, 25, 26, 2004

October 2, 3, 9, 10, 2004

Make-up: October 16, 17, 2004

Classes meet from 8:00 a.m. to 5:00 p.m. 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 an application and receive an enrollment date at Miramar College Admissions Office, 10440 Black Mountain Road, San Diego, CA, 92126 or call (619) 388-7844. 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* \$ 54.00
Health Insurance 2.50
Total Course Cost: \$ 56.50

NOTE: Tuition waived for California High School students.

Supplies needed:

Red swimsuit (men)
Red one-piece swimsuit (women)
Running shoes
Sunglasses
Towel

Supplies Provided:

Duck Feet Swim Fins
Academy Uniform
Text Book
Work Book
Sunscreen

C Tuition costs for non-California residents is \$160.00/unit, in addition to normal \$18.00/unit Tuition and \$2.50 Health Insurance
TOTAL Non-Resident Cost **\$536.50**

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	North Island	- Capt. Jason Lindquist	(619) 767-7824
Coronado	- Capt. Sean Carey	(619) 522-7346	San Diego	- Lois LaChusa	(619) 221-8844
Encinitas	- Capt. Larry Giles	(760) 633-2749	Solana Beach	- Capt. Craig Miller	(619) 755-1569
Imperial Beach	- Capt. Robert Stabenow	(619) 423-0208			

Note: Each agency has its own employment requirements that may include 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. Completion of this course does not guarantee employment. Contact each participating agency for specific hiring requirements. Course certificate is valid for two years. Provisions of this bulletin do not constitute an expressed or implied contract.

FOR RECORDED INFORMATION ON LIFEGUARD RELATED CLASSES CALL MIRAMAR COLLEGE at (619) 388-7800.