

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

COURSE TITLE: Intro to Open Water Lifeguarding - 2015
(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.

YOU WILL BE SWIMMING & RUNNING ON 1ST DAY – BRING APPROPRIATE ATTIRE



COURSE DATES, TIMES AND LOCATIONS – All classes are 10 hrs./day

Session 1 (52nd) CRN #71288
Early Spring Course - Weekends
March 7, 8, 14, 15, 21, 22, 28, 29, 2015

Session 2 (53rd) NORTH COUNTY CRN #71504
Early Spring Course - Weekends
April 11, 12, 18, 19, 25, 26, 2015
May 2, 3, 2015

Session 3 (54th) CRN #71830
Late Spring Course – Weekends
May 9, 10, 16, 17, 23, 24, 30, 31, 2015

Make-up: April 11, 12, 2015

Make-up: May 9, 10, 2015

Make-up: June 6, 7, 2015

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:** Class from 8:00 a.m. to 7:00 p.m. (includes a 1-hour lunch break). Classes meet at the San Diego Fire-Rescue Training Facility, 4347 North Harbor Drive, Building #608 (2580 Kincaid Rd.), Classroom #2. Practical skill exercises conducted at area beaches.
- Session #2:** Class from 8:00 a.m. to 7:00 p.m. (includes a 1-hour lunch break). Classes meet at the Oceanside Lifeguard Headquarters, 301 North The Strand, Oceanside, CA, 92054. Practical skill exercises conducted at area beaches.
- Session #3:** Class from 8:00 a.m. to 7:00 p.m. (includes a 1-hour lunch break). Classes meet at the San Diego Fire-Rescue Training Facility, 4347 North Harbor Drive, Building #608 (2580 Kincaid Rd.), Classroom #2. Practical skill exercises conducted at area beaches.

HOW TO ENROLL

Step 1 - APPLICATION AND ENROLLMENT

Fill out application and enroll at Miramar College Admissions Office, 10440 Black Mountain Road, San Diego, CA, 92126 (619) 388-7844, or apply on-line at <https://studentweb.sdccd.edu/reg-e>. 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) 388-4883.

Step 2 - ORIENTATION AND SWIM TEST

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

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

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

| | |
|--------------------------|----------------------------------|
| Tuition* | \$138.00 (\$46.00/unit; 3 units) |
| Health & Accident Fee | 19.00 |
| Student Representation | \$ 1.00 |
| Total Course Cost | <u>\$158.00</u> |

* Tuition costs for **non-California residents** is \$193.00/unit, in addition to normal \$46.00/unit Tuition, \$19.00 Health & Accident Fee, \$1.00 Student Representation Fee. **TOTAL Non-Resident Cost \$737.00**

SUPPLIES NEEDED:

- | | | |
|--|---------------|--------------------------------|
| Red swimsuit (men) | Running shoes | <u>Work Book - \$10</u> |
| Red one-piece swimsuit (women) | Sunglasses | |
| Uniform T-shirt (available 1 st day of class) | Towel | |

Supplies Provided:

- Duck Feet Swim Fins
- Text Book (USLA)

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 - Capt. Lt. Nick Hamilton | (619) 545-7221 |
| Coronado - Sgt. Damon Bassett | (619) 522-2625 | Oceanside - Lt. Blake Faumuina | (760) 435-4015 |
| Encinitas - Sgt. David Brown | (760) 633-2750 | San Diego - Lois LaChusa | (619) 221-8844 |
| Imperial Beach - Sgt. Jason Lindquist | (619) 628-1420 | Solana Beach - Sgt. Greg Uruburu | (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.