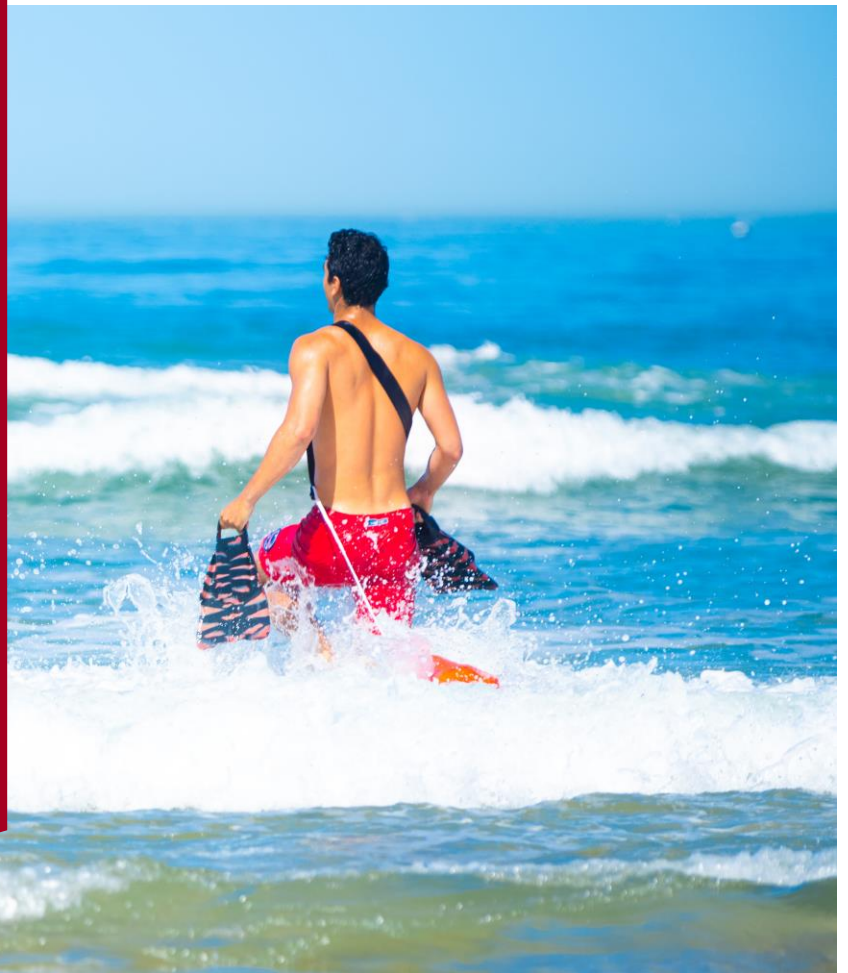


**SAN DIEGO  
MIRAMAR  
COLLEGE**

**AND**

**THE SAN DIEGO  
REGIONAL  
LIFEGUARD  
TRAINING  
PROGRAM**



**You Must Enroll in Both LFGD 101 and LFGD 101A Classes\***  
**(\*Unless currently EMR/EMT Certified)**  
**Spring 2025 Dates**

**LFGD 101 – Introduction to Open  
Water Lifeguarding**

**CN: 84091**

**3/15/25-4/1/25**

**SAT/SUN/SAT/SUN/SAT/SUN/MON/TUE**

**(7:30 – 3:30 PM)**

**CN: 84095**

**4/26/25-5/18/25**

**SAT/SUN (7:30 – 3:30 PM)**

**SUMMER CLASS SCHEDULE**

**CN: (TBD)**

**LFGD 101A – Emergency Medical  
Care of the Sick and Injured**

**CN: 84096**

**2/24/25-3/24/25**

**MON/WED/FRI (5:15 PM – 9:15 PM)**

**CN: 84097**

**4/21/25-5/19/25**

**MON/WED/FRI (5:15 PM – 9:15 PM)**

**SUMMER CLASS SCHEDULE**

**CN: (TBD)**

**SCAN TO LEARN MORE**



Select: [Class Schedule](#)

Search Subject: LFGD – Lifeguarding

Select: Search

