



**BOYS & GIRLS CLUBS
OF SAN DIEGUITO**



**American
Red Cross**

LIFEGUARD TRAINING CLASSES

**AT THE BOYS & GIRLS CLUBS OF SAN DIEGUITO
PARDEE AQUATICS CENTER**

The Boys and Girls Clubs of San Dieguito Pardee Aquatics Center offers American Red Cross Lifeguard Training classes. The purpose of this course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

The class will provide participants with the following certifications:

- Lifeguarding and First Aid
- CPR/AED for the Professional Rescuer
- Oxygen Administration

(This class will not be covering First Aid for Public Safety Personnel/Title 22)



UPCOMING SESSIONS

Lifeguard Classes 2019

Students must attend all class dates.

10:00 AM-6:00 PM

- Class 1: March 2, 3, 9, 10
- Class 2: April 6, 7, 13, 14

Only \$170

Space is limited! Register now at bgcSanDieguito.org/registration

Located at 533 Lomas Santa Fe Dr., Solana Beach, CA 92116 | (858) 755-4904