



SAN DIEGO
MIRAMAR
COLLEGE

& The San Diego Regional
Lifeguard Training Program

PRESENTS

Intro to Open Water Lifeguarding (San Diego Regional Lifeguard Academy)

Course #: FIPT 160

Spring 2018/CRN: 31080, 31081 & 31082

Units: 3.0

Catalog 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 RUNNING AND SWIMMING ON THE 1ST DAY- BRING APPROPRIATE SHOES AND SWIM ATTIRE

COURSE DATES, TIMES & LOCATIONS

(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 (61st) CRN: 31080

Early Spring Course – Weekends

March 3, 4, 10, 11, 17, 18, 24 & 25

Time: 8:00 am-7:00 pm

(includes a 1-hr lunch break)

Location: NTC/SD Fire-Rescue Training Facility.

Practical skill exercises conducted at area beaches.

Make-up: March 31 & April 1

Session #2 – (62nd) CRN: 31081

Early Spring Course – Weekends

April 7, 8, 14, 15, 21, 22, 28 & 29

Time: 8:00 am-7:00 pm

(includes a 1-hr lunch break)

Location: First class meets at NTC then at Oceanside Lifeguard HQ for

remaining dates. *Practical skill exercises conducted at area beaches.*

Make-up: May 5 & 6

Session #3 – (63rd) CRN: 31082

Late Spring Course – Weekends

May 12, 13, 19, 20, 26, 27, June 2 & 3

Time: 8:00 am-7:00 pm

(includes a 1-hr lunch break)

Location: NTC/SD Fire-Rescue Training Facility.

Practical skill exercises conducted at area beaches.

Make-up: June 9 & 10

Locations: NTC/SD Fire-Rescue Training Facility, 4347 North Harbor Drive, Bldg. #608 (2580 Kinkaid Rd) Classroom #2
Oceanside Lifeguard Headquarters, 301 North the Strand, Oceanside, CA, 92054

HOW TO ENROLL

- APPLICATION AND ENROLLMENT** - Apply on-line at <https://studentweb.sdccd.edu/reg-e> or fill out a paper application at any **San Diego Community College District campus**: **City College**, 1313 Twelfth Ave, (619) 230-2475; **Mesa College**, 7250 Mesa College Dr., (858) 627-2682; **Miramar College**, 10440 Black Mountain Rd., (619) 388-7844 or **Educational Cultural Complex**, 4343 Ocean View Boulevard, (619) 388-4883.
- ORIENTATION AND SWIM TEST** - Complete orientation, 500m swim test and one mile run on the first day of the "Intro to Open Water Lifeguarding" class.
- 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)

| | CA Resident | Non-Resident |
|----------------------------------|---------------------------------|---------------------------------------|
| Tuition/Enrollment Fee* | \$138 (\$46/unit x 3) | \$801 (\$221+\$46/unit x 3) |
| Health & Accident Fee | \$19 | \$19 |
| Student Rep Fee | \$1 | \$1 |
| Total CA Res. Cost | \$158 | \$821 |

| SUPPLIES NEEDED | |
|---|------------------------|
| Uniform T-shirt <i>(available for order on 1st day)</i> | Running shoes (women) |
| Red Swimsuit (men) | Red One-piece Swimsuit |
| Sunglasses | Towel |
| Wetsuit | |
| SUPPLIES PROVIDED | |
| Duck Feet Swim Fins | Textbook |

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 | - Lt. Jeremy Sanders | (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 | - Shanae Hymon | (619) 221-8844 |
| Imperial Beach | - Sgt. Jason Lindquist | (619) 628-1420 |
| Solana Beach | - Sgt. Greg Uruburu | (858) 720-4444 |

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 do not constitute an expressed or implied contract.