



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)



Cost: \$300
**Cost Includes manual and
pocket mask**

UPCOMING SESSIONS

Lifeguard Classes 2023

*Students must attend all class dates.
NO EXCEPTIONS*

10:00am – 6:00pm

- ♦ Class 1: March 18, 19, 25, 26
- ♦ Class 2: April 15, 16, 22, 23
- ♦ Class 3: May 6, 7, 13, 20 (No class on Mother's Day 5/14)

Space is limited! Register now at bgcsandieguito.org

Located at 533 Lomas Santa Fe Dr., Solana Beach, CA 92075 | pmariscal@bgcsandieguito.org